LAFAYETTE GARDEN CLUB

Favorite Recipes

LAFAYETTE, CALIFORNIA

1980

1.400.0.2302 A

THE LAFAYETTE GARDEN CLUB

Lafayette, California

Bay Bridges, District

Wishes to thank the following sponsors:

DeFreitas Coin-Op

The Hairitage

Marlo's Fashions

Wells Fargo Bank

Diablo Stationers

Monty Food Store

Gaston's Cleaners

The Cotton Patch

Floyd's Coffee Shop

Lafayette Hardware

Holiday Travel

Bank of American

Diablo Foods

Bill's Drugs

Sunshine Cleaners

Harry's Nursery

Lafayette Imported Cars

Sun Valley Lumber

Bermuda Pool Service

Lafayette Federal Savings

This cookbook has been compiled by

Maxine Hart, Lois Celestre, Marie Thompson,

and several friends and neighbors.

Proceeds to go to our Garden Club scholarship fund.

-A- Lafayette, Calif.

MESSAGE FROM THE PUBLISHER

This book has been published through the combined efforts of our company and the organization whose name appears on the cover.

We sincerely hope that you will enjoy its use. Should you want extra copies of this publication for your friends, relatives or neighbors, you can purchase them from the organization.

If you know an organization or club that would want a project that would give them a guaranteed profit, without cost or investment, they can obtain full information by writing to our company at the address below. We specialize in the publishing of:

Cook Books
Recipe File Books
Daily Reminder Books
Membership Directory
Civic Directory of your Town
Birthday & Anniversary Calendars
Police Calendars
Fire Calendars
School Days & Memories Books

YOUR ORGANIZATION CAN MAKE

$300 to $3,000

WITH ONE OF OUR PROJECTS

Write to: **Project Department**
Women's Clubs Publishing Co., Inc.
323 South Franklin Street
Chicago, Illinois 60606

-B- Lafayette, Calif.

Sales Career Opportunity

With the following benefits:

- **High Income, $500 to $800 a week**
- Enjoy Traveling and Meeting People
- Work as an Independent Representative
- Work for a successful Company with over 30 years of experience, Women's Clubs Publishing Co., Inc.
- Build a Secure Future!

BE A SALES REPRESENTATIVE
(Women or Men)

You will work with churches, women's organizations, schools and clubs with our guaranteed money making plan. Must have car, be free to travel, be home weekends. If you feel you are or can be a good salesperson, we will train you and demonstrate in the field that you can make $500 to $800 a week. CALL COLLECT, Mr. Brooks, Area Code 312-427-3952.

Here are the things that people who are working for us say:

"I have never enjoyed working totally as I do now. To completely enjoy your work should be sufficient, but I have been rewarded in many ways, including financial security, independence and work that is free of ulcers and high blood pressure." J.B.

•

"This will be my twelfth year . . . making over $500.00 a week — at my present age of 65 . . . see no sign of my earning power decreasing." D.S.

•

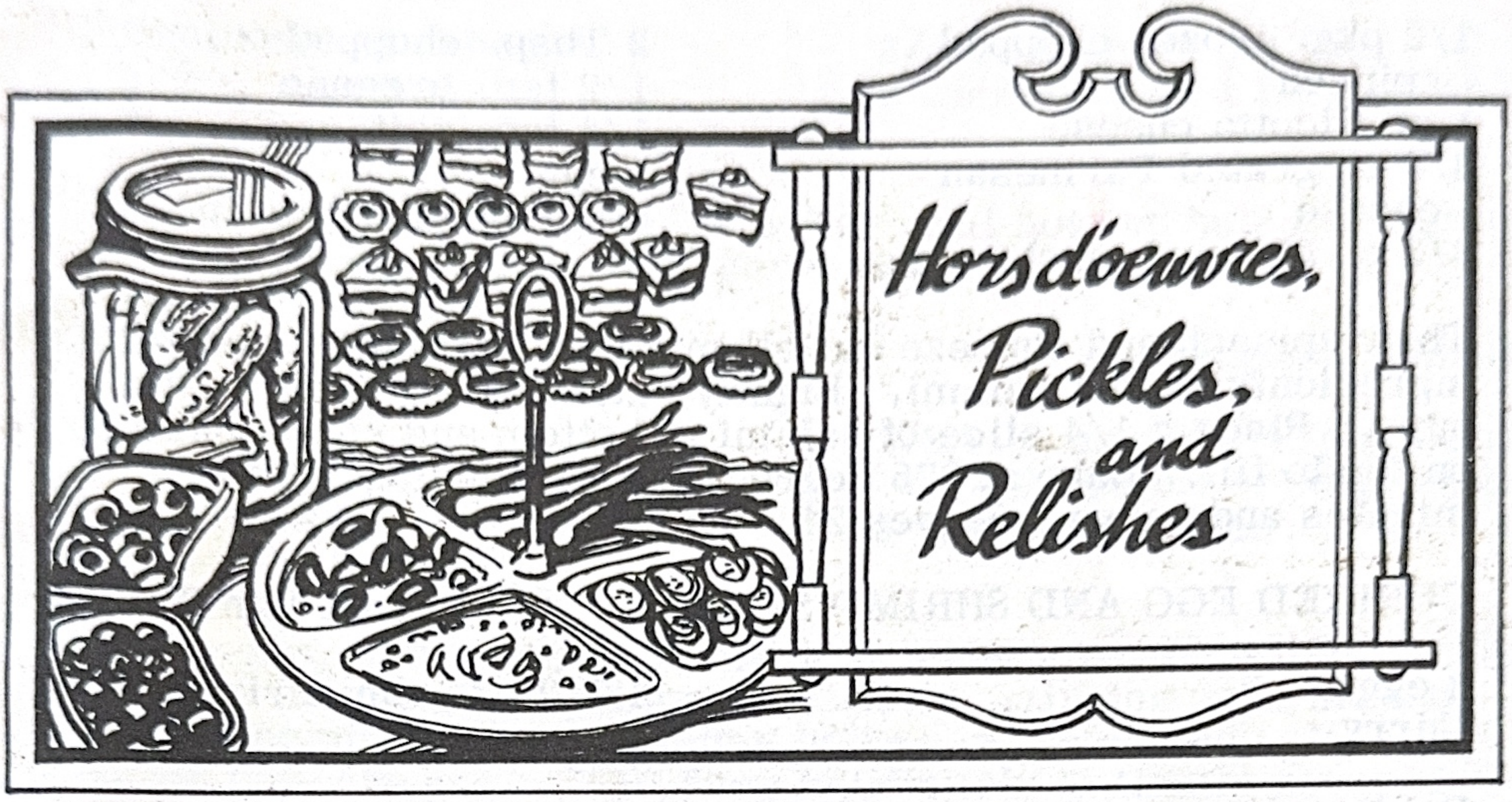
"Especially at this time, I must share the following with you who are in need of high earnings and worthy occupation. I do not now have any debts or money obligations. When I started on a full time basis in July of '75, I owed more than $3,000.00, plus car payments and a loan to get to my first assignment. I have recently been hospitalized and unable to work steadily, but thanks to Women's Clubs Publishing and my savings, these past 18 months I've managed." J.T.

•

"It has been over 14 years since I began my journey with you. I call you friends because no one could stick any closer than you, through sickness, sorrows and the many joys we have shared along the way. Working with you made it possible for me to send three of my four children to college and now the baby begins this fall." E.S.

**The above testimonials and many others are available at our office.*

If you have friends who are looking for an interesting High Income Sales Career, tell them about this opportunity.



ZIPPY MUSHROOMS — Rita Renner

2/3 c. tarragon vinegar
1/2 c. salad oil
1 medium clove garlic, minced
1 Tbsp. sugar
1 1/2 tsp. salt
Dash freshly ground pepper
2 Tbsp. water
Dash hot sauce
1 medium onion
2 - 6 oz. cans broiled mushroom crowns or 2 pts. fresh mushrooms washed and trimmed

Combine first 8 ingredients. Slice onion and separate into rings. Add onion and mushrooms. Cover and refrigerate mixture for at least 8 hours. Stirring several times. Drain and serve as a relish or hors d'oeuvres.

CHILI POWDER CHEESE LOG — Isabel McConnell

3 - 3 oz, pkgs. cream cheese
1/2 lb. extra sharp cheddar
1/2 lb. pimento cheese, avoid getting processed jar pimento cheese
1/4 c. mayonnaise
1/4 tsp. Accent
1/2 tsp. Worcestershire sauce
Dash Tabasco
2 cloves garlic, mashed or put through garlic press

Mix and chill form in two rolls. Make a mixture of 1/2 paprika and 1/2 chili powder. Put on wax paper and roll cheese back and forth until covered. Use sprigs of parsley for "limbs" or holly if at Christmas time.

FRITTATA HORS D'OEUVRES — Joan Novotny

1/2 pkg. frozen chopped spinach
1 c. Ricotta cheese
3/4 c. grated Parmesan cheese
2/3 c. chopped mushrooms
2 Tbsp. chopped onion
1/2 tsp. oregano
1/4 tsp. salt
1 egg
6 slices hard salami

Thaw spinach and squeeze out all mixture. Mix with rest of ingredients except salami. Lightly butter 24 - 1-inch muffin cups. Place a 1/4 slice of salami in bottom and spoon mixture on top to fill. Bake at 375 degrees for 25 minutes. Cool 10 minutes and serve. Serves 24.

CURRIED EGG AND SHRIMP SPREAD — Janet Van Tassel

8 eggs
Curry
4 1/2 oz. can shrimp

Devil and season 8 eggs; add curry to taste and 1 - 4 1/2 oz. can shrimp.

ITALIAN APPETIZER — Joyce Darrow

3 c. finely chopped zucchini
1 onion, finely chopped
Handful chopped parsley
1 clove garlic, minced
1 c. biscuit mix
1/2 c. oil
1/2 tsp. marjoram
1/2 tsp. seasoned salt
1/2 c. grated Parmesan cheese
1 tsp. taco seasoning mix
Salt and pepper to taste
4 eggs, beaten just to blend yolks with whites

Stir all ingredients together thoroughly. Pour into baking pan 9x13-inches, lightly oiled. Bake in 350 degree oven about 25 minutes until set and lightly browned. Cool and cut in squares. May be frozen but after thawing bake at 425 degrees for 10 minutes and serve at room temperature.

REFRIED BEAN DIP — Angela Victoria

1 - 1 lb. can refried beans
1/4 lb. shredded cheddar cheese
1/2 c. chopped green onion, including part of the tops
1/4 tsp. salt
2-3 Tbsp. taco sauce
Crisp tortilla chips

Mix refried beans, cheese, onion, taco sauce. Cook over low heat, stirring until heated through. Keep warm over candle warmer. Serve with tortilla chips or other dippers. Makes 3 c.

HOT CRAB DIP

Dorothy Anderson

2 lbs. Velveeta cheese
1 1/2 c. mayonnaise
1/2 c. sour cream
3/4 c. chives, cut fine
3 cans crab or 1 fresh crab

Melt all ingredients in double boiler until hot and bubbly. Serve in chafing dish to keep hot. Serves 50.

MINTED WALNUTS

Margaret Stephen

1 c. sugar
1 Tbsp. light corn syrup
1/8 tsp. salt
6 marshmallows
1/2 tsp. essence of peppermint or 3 drops oil of peppermint
3 c. walnut halves

Boil sugar, syrup and salt until it reaches a very soft ball stage. Remove from heat. Add marshmallows, stirring until melted. Add peppermint. Stir in walnut halves, when coated, place on waxed paper to cool. Will keep indefinitely in tightly covered can.

CRUDITES WITH SPINACH DIP

Bernice Ely

1 pkg. frozen chopped spinach or 2 c. finely chopped fresh spinach, cooked
1 c. sour cream
1/2 c. mayonnaise
1/2 c. minced fresh parsley
1/2 c. minced scallions
1/2 tsp. beaumonde seasoning
1/2 tsp. dried dill weed
Salt and pepper to taste
Endive, cucumber, zucchini, carrots, celery, radishes, cauliflower, snow peas and other raw vegetables

Thaw frozen spinach and chop a bit more. Be sure to drain thoroughly. In a bowl mix together the sour cream, mayonnaise, parsley, scallions and spices. Add the spinach and stir. Cover and refrigerate overnight or longer. Serve with chilled fresh vegetables. It is attractive placed in the center of a hollowed out small cabbage head. Serves 8.

HOT CRAB DIP

Bernice Ely

Combine:
8 oz. cream cheese
1 Tbsp. milk
1 Tbsp. minced onion
1/2 tsp. horseradish
1/4 tsp. salt
Dash pepper

Mix in 4 oz. can flaked crab.
Put in oven proof dish. May be topped with toasted sliced almonds. Bake 15 minutes at 350 degrees. Wheat thins are good with this.

LAYERED DIP

Elenor Sheets

Mix:

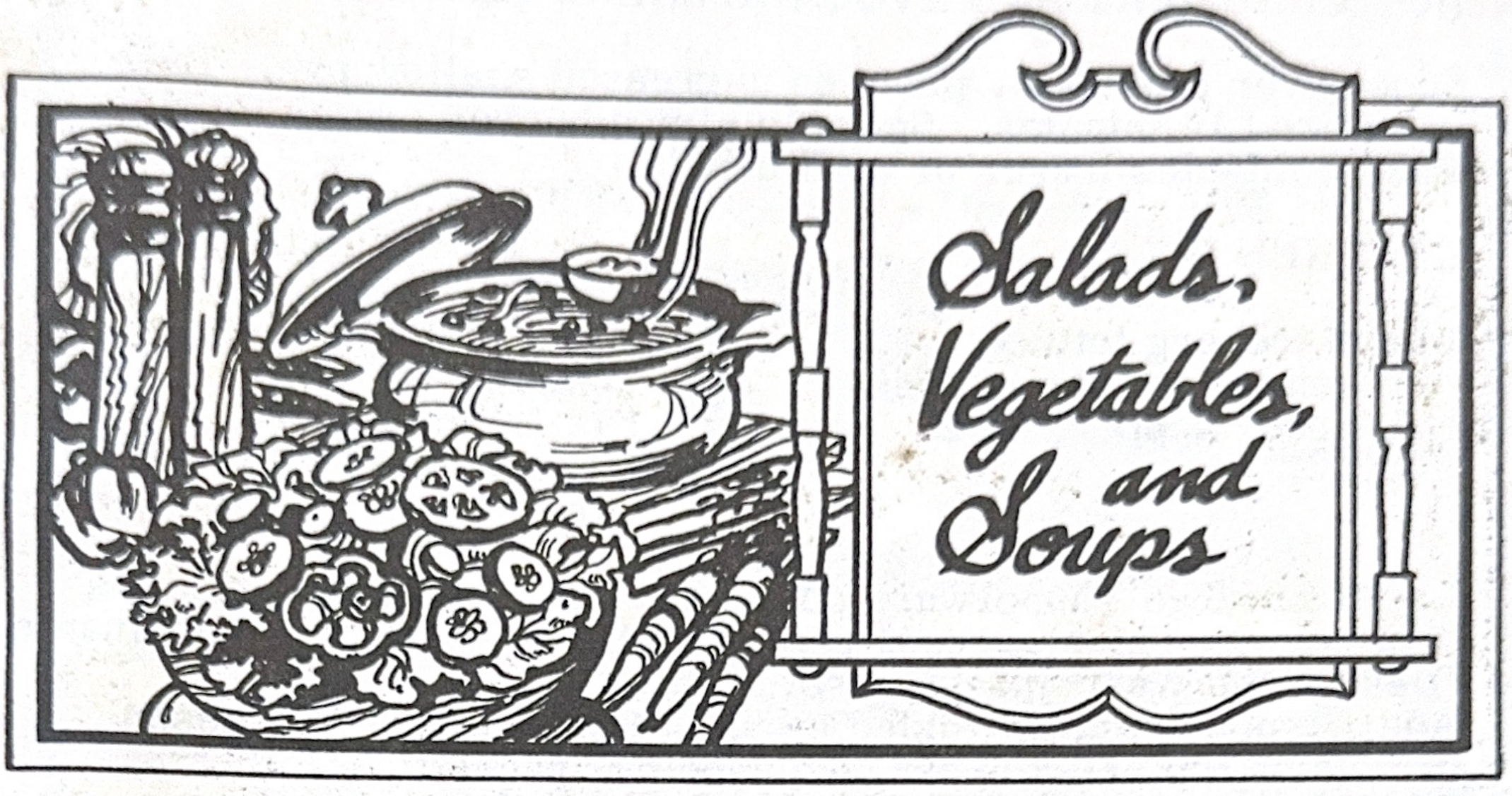
1 can refried beans
8 oz. sour cream
1 pkg. taco seasoning

~~Mix~~.

1 carton avocado dip
1 can chopped ripe olives
2 medium chopped tomatoes, drain
1 small can chopped green olives or 1 small can diced green chilies
1/2 c. chopped onions
1/2 c. shredded cheddar cheese

Layer ingredients in order given.

Write An Extra Recipe Here:



SPINACH SALAD — Marie Thompson

2 lbs. spinach
3 red apples, cut small
2/3 c. roasted Spanish peanuts or almonds
1/2 c. raisins
1/3 c. sliced green onions
2 Tsp. sesame seeds, roasted

Dressing:
1/2 c. white vinegar
1 Tbsp. Major Grey chutney
1 tsp. curry powder
1 tsp. dry mustard
1/4 tsp. hot pepper seasoning
2/3 c. salad oil

Wash spinach well and mix with all the ingredients together. Toss with the dressing. Shrimp can be used instead of fruit.

HOT CRABMEAT AND AVOCADO SALAD — Rita Renner

1 - 7 1/2 oz. can crabmeat, drained
1/3 c. chopped celery
3 hard cooked eggs, chopped
2 Tbsp. chopped pimento
1 Tbsp. chopped onion
1/2 tsp. salt
1/2 c. mayonnaise
3 large ripe avocados
1 tsp. melted butter
2 Tbsp. slivered almonds
Lemon juice
Dash salt
2 Tbsp. bread crumbs

Heat oven to 400 degrees. Mix crabmeat, celery, eggs, pimento and onion, salt, and mayonnaise. Cut unpeeled avocado lengthwise in half. Brush halves with lemon juice, sprinkle lightly with salt. Fill avocado halves with crabmeat mixture. Toss bread crumbs.

Continued.....

HOT CRABMEAT AND AVOCADO SALAD (Continued)

Spoon over crabmeat, place on ungreased shallow pan. Bake uncovered 10 minutes. Sprinkle almonds over crumb topping. Bake 5 minutes longer or until bubbly.

LAYERED SALAD — Betty Beaudet

1 head iceberg lettuce, broken in bite size pieces
1 c. green pepper, diced
1 c. onion, diced or green onions
1 c. celery, diced
1 pkg. frozen peas, cooked and cooled

Layer in large Tupperware container with lettuce on bottom, then celery, onions, green pepper and peas. Add 2 c. Hellman's (Best in the West) mayonnaise.
Add 1 tsp. sugar, sprinkled on top. Grate alot of Parmesan cheese on top or from can like used on spaghetti.
Do not mix. Make a day ahead. When ready to serve, toss.
Serves 12-15.

PERSIMMON SALAD — Margaret Stephen

3 very ripe persimmons
1 1/2 c. pineapple juice or boiling water
1 pkg. lemon Jell-O
Optional:
Crushed pineapple
Slivered pecans

Sieve persimmons. Boil liquid and add Jell-O. Stir well and add other ingredients, if desired. Chill. Serve on crisp lettuce leaves. Top with almonds. Serves 8.

SALAD FROM NORTH CAROLINA — Alma Bailey

1 carton cottage cheese
1 pkg. orange Jell-O
1 small can pineapple bits
1 can mandarin oranges
1 small carton Cool Whip

Mix cottage cheese and dry Jell-O. Add drained pineapple and oranges. Fold in Cool Whip; chill. Can use any Jell-O and fruit combination. Serves 8-10.

CELERY ROOT SALAD WITH TANGY DRESSING — Marion Davis

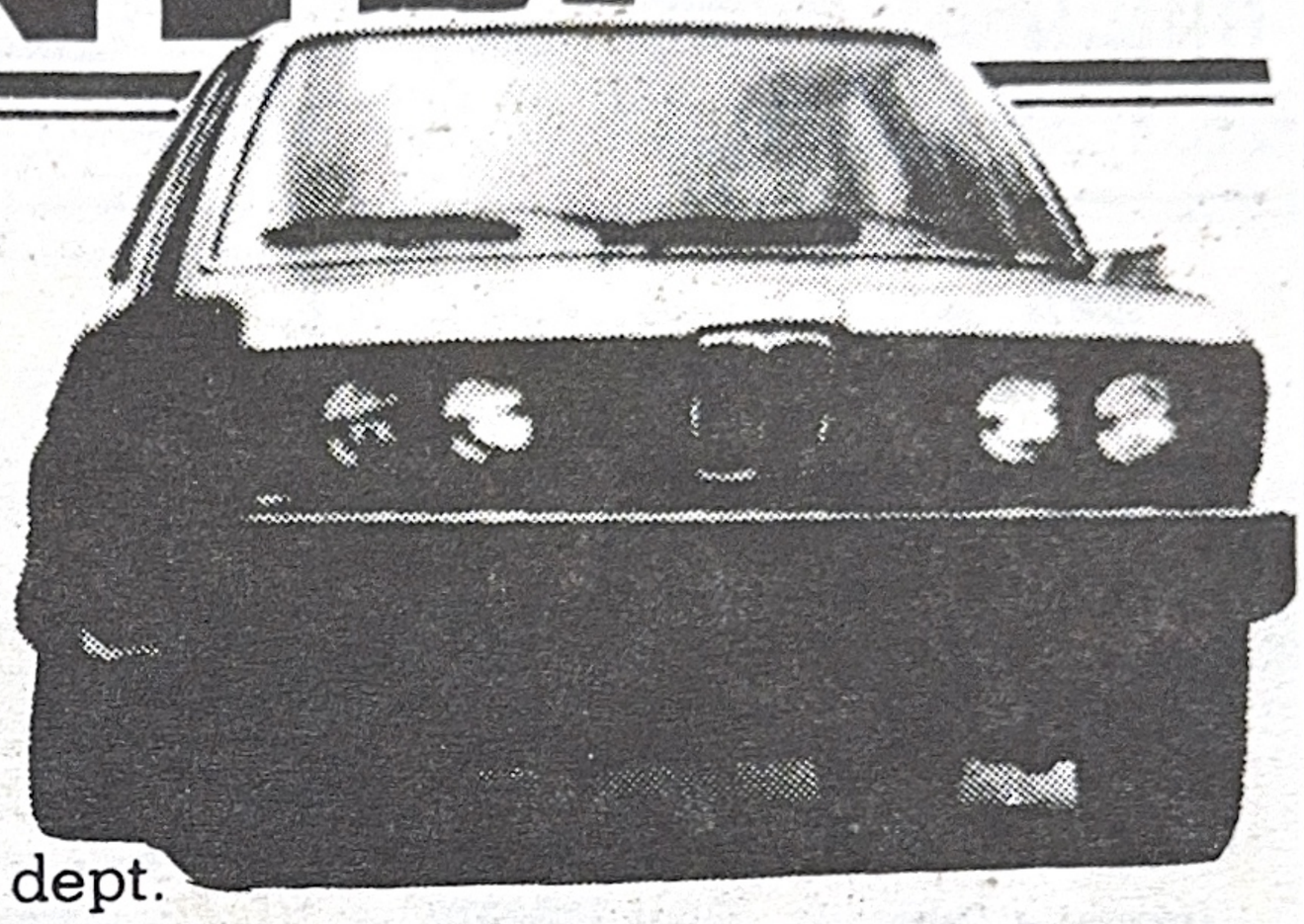
3 or more celery roots

2/3 tsp. mustard, dry
3 heaping tsp. sugar
A little cayenne
1 egg
4 Tbsp. salad oil
2 Tbsp. vinegar

Continued.....

Specializing in BMW • Mercedes • Porsche • VW

PARTS.



Do-it-yourself and save.
Complete selection of imported parts. Especially German makes. Top quality at a discount. Plus, free technical advice. Or we can do the work for you in our service dept.

Complete machine shop services.
Disc and drum machining. Head fly cuts. Line bores. You name it. And we'll deliver free to shops.

3289 Mt. Diablo Blvd.
Lafayette
Open Mon-Fri 8-6. Sat 8-4.
(Next to Sun Valley Lumber)

284-1841

LAFAYETTE IMPORTED CARS

Lafayette, Calif.

BANK OF AMERICA

Lafayette Branch
3530 Mt. Diablo Boulevard • Lafayette 94549 • (415) 944-2801

A. DANSKA
Vice President and Manager

SUN VALLEY LUMBER CO.

3287 Mt. Diablo Boulevard
Lafayette, Calif.
(415) 283-8211 * (415) 935-1100

FLOYD'S
COFFEE
SHOP

3518 Mt. Diablo
Boulevard
Lafayette, California Phone 283-3370

I'd Rather Be Quilting

LESSONS AND QUILTING SUPPLIES

The Cotton Patch

3541 Wilkinson Lane, La Fiesta Square, Lafayette
(Down from the Cake Box) 284-1177

DEFREITA COIN-OP CLEANERS
Plaza Shopping Center
Tues. thru Sat. 10 - 5, Closed Sun. & Mon.
Drapes 1 Day Service
Phone 284-9961 Lafayette

BOB EWEN

VICE PRESIDENT AND MANAGER
LAFAYETTE OFFICE
WELLS FARGO BANK, N.A.
LAFAYETTE, CALIFORNIA

TELEPHONE 284-9100

DIABLO FOODS
4 Stores To Serve You

FAMOUS FOR PRIME BEEF ● DISTINCTIVE PRODUCE
NATIONAL BRAND GROCERIES

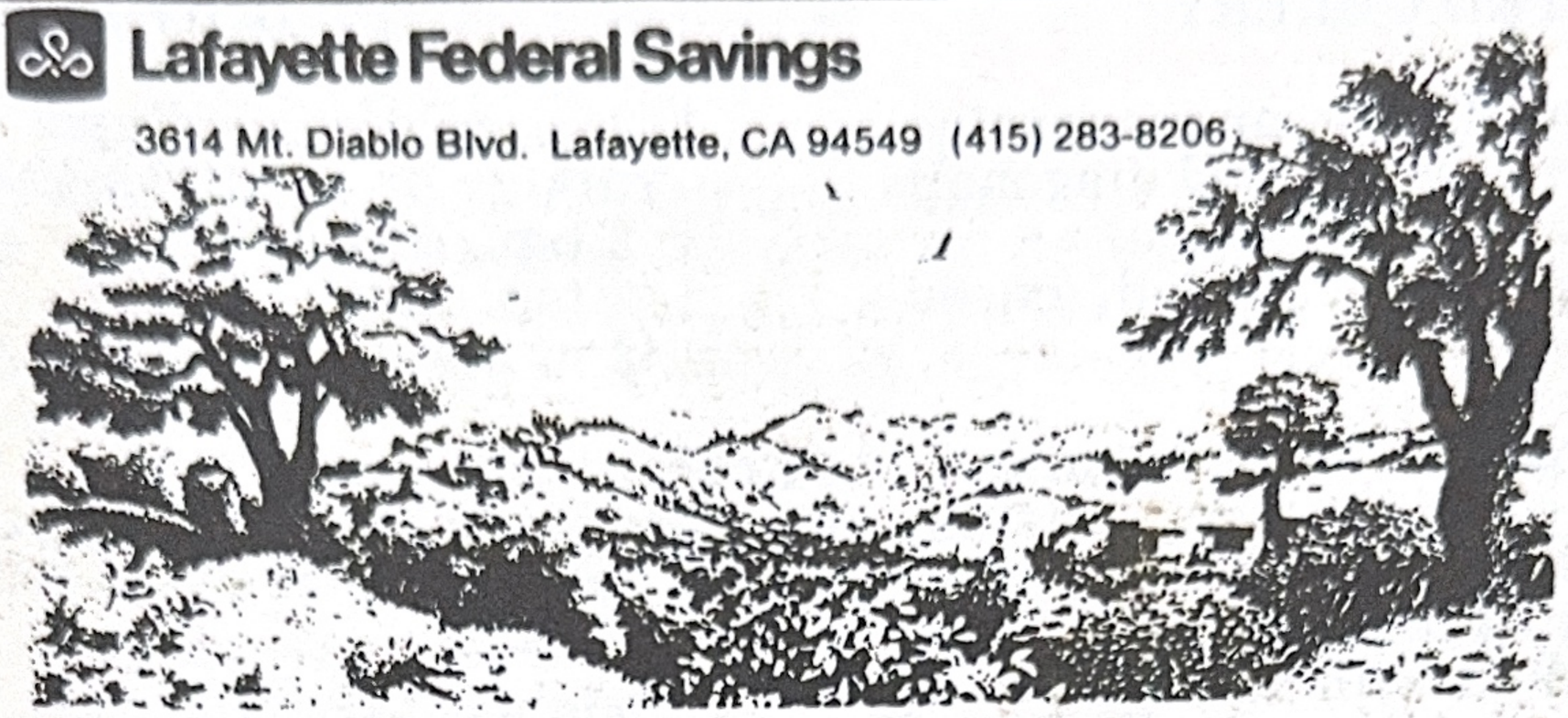
ED STOKES
PRESIDENT

3615 MT. DIABLO BLVD.
LAFAYETTE, CA. 94549
283-0737

HOLIDAY TRAVEL

Since 1960
AIR - TOURS
CRUISES - RAIL
CHARTERS - HOTELS
EXPERT TRAVEL COUNSELORS
NO SERVICE CHARGE
9 TO 5:30 MON - FRI

HOLIDAY TRAVEL
Plaza Shopping Center Laf 284 7141

Lafayette Federal Savings
3614 Mt. Diablo Blvd. Lafayette, CA 94549 (415) 283-8206

Open Saturdays

CELERY ROOT SALAD WITH
TANGY DRESSING (Continued)

Cut stems close to root, but do not peel. Rinse thoroughly in cold water to remove sand. Cook in salted water until you can pierce with a fork but not till mushy. Check at 40 minutes. Plunge into cold water and rub off skin and roots with hands or scrape gently with knife. Slice into 1/2-inch slices and spoon "cooked mayonnaise" between layers.
Cooked Mayonnaise: Mix mustard, sugar, and cayenne together. Beat egg into above. Add oil and vinegar. Cook over very slow fire about 5 minutes or until thick, stirring constantly. Curdles easily while cooking. Refrigerate overnight.

Lottie B. Ashley

SALAD HAWAII

1 c. mandarin oranges
1 c. pineapple
1 c. shrimp
1 c. chopped celery

Dressing:
1 c. mayonnaise
1 tsp. curry powder
1 Tbsp. lime juice
1 tsp. ginger
1/4 tsp. garlic salt

Toss all ingredients with shredded lettuce. Serves 8.

PLEASE PATRONIZE OUR ADVERTISERS

FRUITED CELERY — Betty Lupton

2 Tbsp. butter or margarine
3 c. celery, sliced diagonally
1/3 c. chopped onion
1 large apple, peeled, cored diced
1/2 c. golden seedless raisins or seedless grapes
1/2 tsp. ground ginger
1/2 tsp. salt
1/2 c. water

In large skillet melt butter. Add celery and onion, suate 5 minutes. Stir in apple, raisins, etc. Heat to boiling, cover, reduce heat and simmer just 3 minutes until celery is just crisp tender. Add a little more water if necessary.
Excellent with ham or roast pork.

TACO SALAD — Janet Van Tassel

2 large tomatoes, peeled, chopped and lightly salted
3-4 sliced green onions
1 large head lettuce, bite sized pieces
1/2 can sliced black olives

Place above ingredients in layers in large salad bowl, ending with lettuce. Cover with Saran Wrap and refrigerate until serving time. Just before serving, heat 1 large can chili con carne. Add to salad mixture the following:
1-2 c. grated cheddar cheese
1 small bag Fritos corn chips, crumbled
2 sliced avocados

Pour warm chili over salad and toss lightly, but enough to thoroughly mix ingredients. Serve immediately. Serves 8.

CHERRY AND CRANBERRY SALAD — Janet Van Tassel

2 - 3 oz. boxes cherry Jell-O
1 - 16 oz. can cranberry sauce, jellied
2 c. hot water
1 pt. sour cream

Chill in 8x12-inch Pyrex or mold. Mix all ingredients well. Great for pot lucks.

RAW MUSHROOM SALAD — Delma Dewar

1 lb. button mushrooms
Juice of 1 lemon
8 Tbsp. olive oil
Salt and freshly ground black pepper
1 tsp. finely chopped chives
1 tsp. finely chopped parsley

Continued.....

RAW MUSHROOM SALAD (Continued)

Remove stems from mushrooms; wash and dry caps but do not peel. Slice caps thinly. Arrange them in a salad bowl and pour well flavored lemon and olive oil dressing over them. Toss carefully and chill in refrigerator for at least 30 minutes before serving. Sprinkle with chopped chives and parsley. Serves 6.

MOLDED SALMON POTATO SALAD — Pat Ingham

4 c. cooked, diced potatoes
1 - 1 lb. can salmon, drained and flaked
2 c. finely chopped celery
1/2 c. chopped green onions
1 1/4 c. mayonnaise, Best Foods
Salt to taste
1/4 tsp. cayenne
2 Tbsp. lemon juice
Cherry tomatoes

Combine first 4 ingredients in mixing bowl. Blend mayonnaise, cayenne and lemon juice. Pour dressing over potato mixture, toss lightly until all potatoes are coated. Lightly oil an 8 c. mold and pack mixture firmly into it. Chill for at least 1 hour. Loosen sides and turn salad out on serving platter. Garnish with cherry tomatoes and butter lettuce. Serves 6-8.

HERB SALAD DRESSING — Joyce Darrow

1/2 c. salad oil or olive oil
1/2 c. lime juice
2 Tbsp. honey
2 tsp. minced fresh or crumble dry basil
1/4 tsp. paprika
Dash cayenne
Salt to taste

Sprinkle greens with 2 Tbsp. mint and 2 Tbsp. parsley. Mix and pour on salad.

FRENCH DRESSING
PUERTA OE ORG — Margaret Stephen

2 c. salad oil
1 c. tomato soup
1/2 tsp. salt
Juice of 1 lemon
1/4 c. vinegar
1 medium onion, grated
2 tsp. paprika
1/3 c. sugar

Put all ingredients in blender and mix. Make ahead of time and chill.

PLEASE PATRONIZE OUR ADVERTISERS

Bill's Drugs

3626 MT. DIABLO BLVD. LAFAYETTE, CALIF. 94549

WILLIAM M. EAMES

PHONE 415/284-1204

LEMON SAUCED GREEN BEANS — Bea Swift

1 - 10 oz. pkg. frozen frenched green beans
1 - 3 oz. cream cheese
1 egg yolk
1 Tbsp. lemon juice
Paprika
Salt

Cook the frozen frenched green beans in boiling salted water according to pkg. directions until tender. In a small saucepan stir softened cream cheese, egg yolk and lemon juice together. Heat until blended and smooth, stirring constantly. Serve over hot, drained cooked beans. Sprinkle a little paprika over bean and sauce servings. Serves 4-6.

MOOK SOORBERAG — Rita Renner

8 oz. medium wide noodles
1 lb. Jack cheese, grated
1/2 tsp. salt
2 eggs
1/2 c. parsley, minced

Cook noodles until tender, rinse and drain. Save 1/2 c. cheese. Mix rest of cheese and eggs together. Divide mixture in 1/2. Mix parsley and 1/2 of cheese mixture. Butter 9x9-inch pan. Place 1/2 of noodles in pan. Add cheese, parsley and rest of noodles. Add plain cheese mixture. Dot with butter. Sprinkle 1/2 c. grated cheese on top. Bake at 350 degrees for 1/2 hour.

PLEASE PATRONIZE OUR ADVERTISERS

Marlo's fashions

3645A MT. DIABLO BLVD.
LAFAYETTE, CA 94549
(Near The Post Office)
[415]283-8190

PFANNKUCHEN OR CREPE SOUP — Gertrude Kirchner

Homemade beef stock or
1 can consomme
1 can beef broth
1 can water

Crepes:
2 eggs
3/4 c. flour
1 1/2 c. milk
Pinch salt

Beat crepe ingredients to make a heavy like cream.
1. Make one crepe for each person. Fold over and cut in thin strips.
2. Place in soup bowl and pour over very hot stock.
3. Put 1 Tbsp. chives over each serving.

HAMBURGER SOUP — Lois Celestre

2 lbs. ground beef
2 Tbsp. oil
1/2 tsp. each pepper, oregano and basil
1/4 tsp. seasoned salt
1 pkg. onion soup mix
6 c. boiling water
1 can tomato sauce
1 Tbsp. soy sauce
1 c. celery, sliced
1 c. celery leaves
1 c. cartots
1/2 c. barley
1 c. elbow macaroni
And any other vegetables
Grated Parmesan cheese

Brown meat in oil. Add salt, pepper, oregano, basil and onion soup. Stir in water, tomato sauce and soy sauce. Cover and simmer for 15 minutes. Add vegetables and barley. Cook for 45 minutes. Then add macaroni. Cook another 30 minutes. Add more water during cooking as needed.
Pass cheese to be sprinkled over individual servings.

CHINESE EGG DROP SOUP

Bea Swift

2 Tbsp. cornstarch
6 c. chicken stock or chicken bouillon
2 Tbsp. soy sauce
3 Tbsp. vinegar
1/4 tsp. pepper
1 stalk green scallion, minced
3 eggs, beaten
Salt, season to taste when cooked

In large saucepan mix cornstarch with small amount of cold chicken stock or bouillon. Add remaining liquid and other ingredients except eggs. Bring to boil and simmer until clear, stirring occasionally. Gradually stir in eggs. Season with salt to taste. Serve at once. Makes 1 1/2 qts. Serves 6-8.

RED CLAM CHOWDER

Dolores Owens

2 Tbsp. olive oil
1 onion, chopped fine
1 stalk celery, chopped fine
1 carrot, diced fine
2 potatoes, diced
1 bouillon cube
2 c. stewed tomatoes
Juice from clams
Pinch thyme
Small piece bay leaf
Salt and pepper
2 - 6 1/2 oz. cans clams

Saute first 4 ingredients. Add 1 bouillon cube in 1 1/2 c. water, 2 c. stewed tomatoes, Juice from clams, thyme, bay leaf, two potatoes, diced, salt and pepper.
Cook until vegetables are tender. Add clams.
If you like it thick add 1 Tbsp. flour blended with a little water.
Garnish with parsley. Serves 6.

SHORT SPAGHETTI AND ZUCCHINI SOUP

Marion Davis

2 lbs. small zucchini
1 onion, chopped
1 clove garlic, minced
1/2 c. olives oil
1/4 tsp. basil leaves
1 or 2 small tomatoes, chopped
1 c. water
2 bouillon cubes
2/3 lb. spaghetti broken into 2-inch lengths

Wash, dry and cut zucchini into very small cubes. Fry onion and garlic in oil until blanched. Add zucchini, basil, tomatoes, water and bouillon cubes. Cover pan and cook 1/2 hour or until zucchini starts coming apart. Add spaghetti and more water so soup is fairly liquid. When spaghetti is al dente, season to taste. Serves 6.

HAIRITAGE

Manicures

286
Lafayette
Circle
Lafayette

284-
4772

A
Full
Service
Salon

HARRY IDE SHIGEKO IDE

HARRY'S NURSERY

LICENSED LANDSCAPE CONTRACTOR

3295 MT. DIABLO BOULEVARD
LAFAYETTE, CALIFORNIA 283-3830

LAFAYETTE

Sunshine *Cleaners*

"PERSONALIZED"
DRY CLEANING • PRESSING • LAUNDRY

Lafayette, Calif.

Monty
FOOD STORE

YOU'LL HAVE TO SEE IT TO BELIEVE IT.

Our Meat Department is known for its famous MONTY TRIM. We trim only for top value. Also we gladly cut special orders for your convenience. FRIENDLY QUALITY SERVICE.

3649 Mt. Diablo Blvd., Lafayette
(Next to Post Office and West End Shops)
Open Daily 9 a.m. - 9 p.m. Sunday 10 a.m. - 7 p.m.
PHONE: 283-2400

OFFICE SUPPLIES OFFICE FURNITURE

DIABLO STATIONERS

3577 MT. DIABLO BLVD., LAFAYETTE, CA 94549

PHONE 283-6446

Notes:

DUTCH CURRIED PEA SOUP

Jennifer Cook

1 sliced onion
2 sticks celery, diced
8-10 c. water
4 tsp. powdered vegetable broth
2 1/2 tsp. salt
2 Tbsp. oil or 2 oz. butter
1 large potato, grated
1 c. cream
1 shredded lettuce
1 clove garlic, crushed
1 chicken cube
1 tsp. curry powder
2 grated carrots
2 lbs. frozen peas

Saute onion, lettuce, celery and garlic in butter or oil. Add carrots, potato, peas, water and seasonings. Simmer for about 2 1/2 hours. Liquify. Return to stove. Add cream, adjust seasonings and serve with croutons.

CHILLED WHITE GAZPACHO SOUP Joan Novotny (Mrs. G. C.)

3 medium cucumbers
1 clove garlic
3 c. chicken broth
3 c. sour cream
3 Tbsp. white vinegar
2 tsp. salt

Peel cucumbers and garlic, cut into chunks and blend in blender. Mix with chicken broth, sour cream and season with vinegar and salt. Cover and chill.
Garnish with chopped peeled tomatoes, parsley, green onions, toasted almonds. 6 generous servings.

HARVEST SOUP

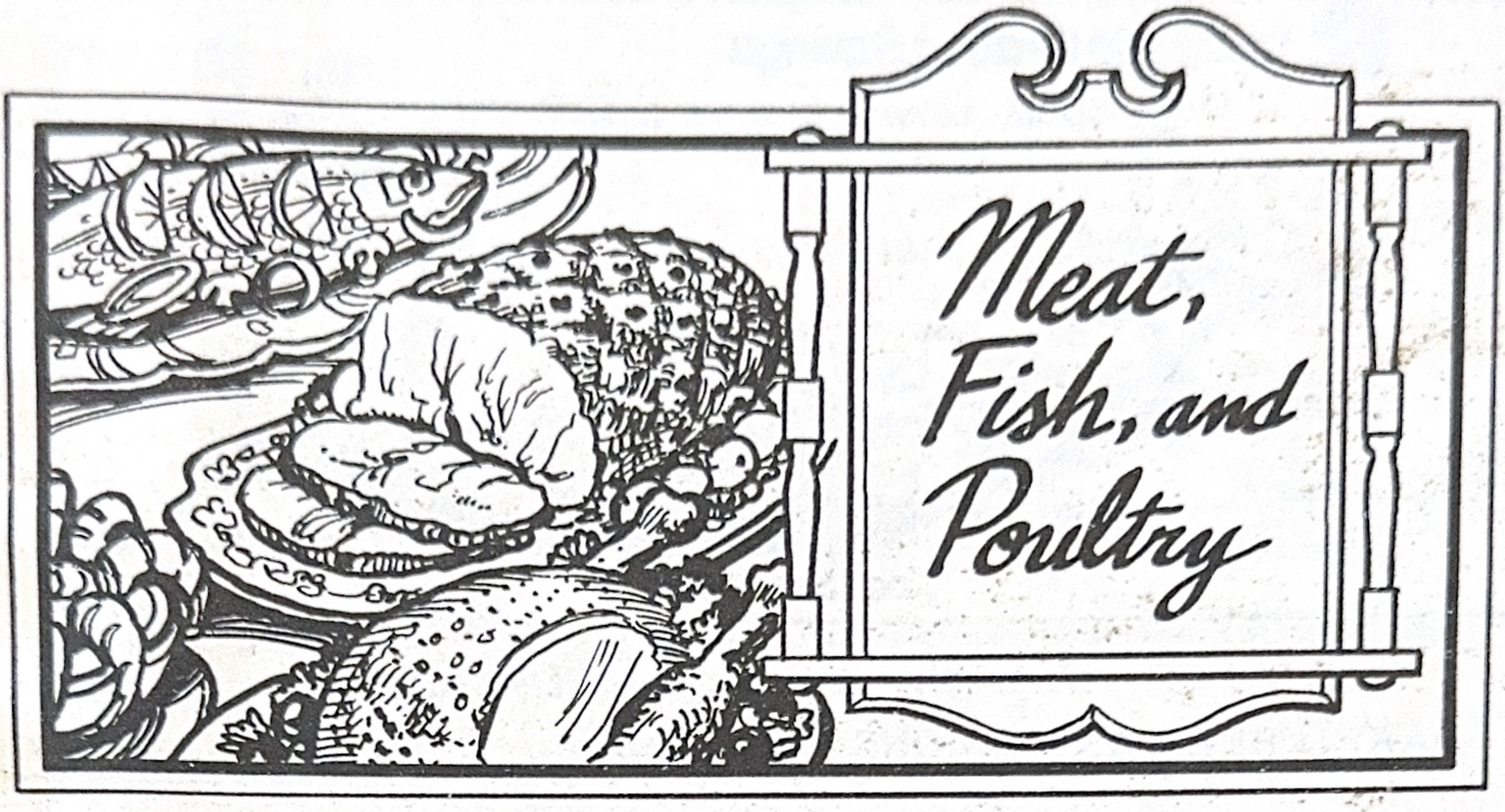
Sue Bruns

1/2 c. leeks
1/2 c. onion
1/2 c. celery
2 apples
1/4 c. butter
7 c. chicken stock
4 c. butternut squash, diced

Saute vegetables and apples in butter for 3 minutes. Add stock and simmer 10 minutes. Add squash and cook 15 minutes. Add additional boiling water if needed. Thicken with 2 Tbsp. melted butter to which has been added to 2 Tbsp. flour and 1/2 c. of the soup. Season with the followi ng: 1 tsp. each thyme, salt, 1/2 tsp. sage, 1/4 tsp. turmeric and rosemary.
A pinch of nutmeg and pepper. Simmer 5 minutes, stirring constantly. Add 1 c. unpasteurized cider or apple juice and 1/2 c. light cream. Garnish with 1 c. grated cheese and croutons.

PLEASE PATRONIZE OUR ADVERTISERS

WRITE EXTRA RECIPES HERE:



BRAISED SHORT RIBS — Maxine Hart

3 lbs. short ribs
Flour
Shortening or oil
1 1/2 c. water
1/4 c. chopped carrot
1/2 c. cooked or canned tomatoes
1/4 c. chopped onion
1/4 c. chopped celery and tops
1/2 clove garlic
Salt and pepper

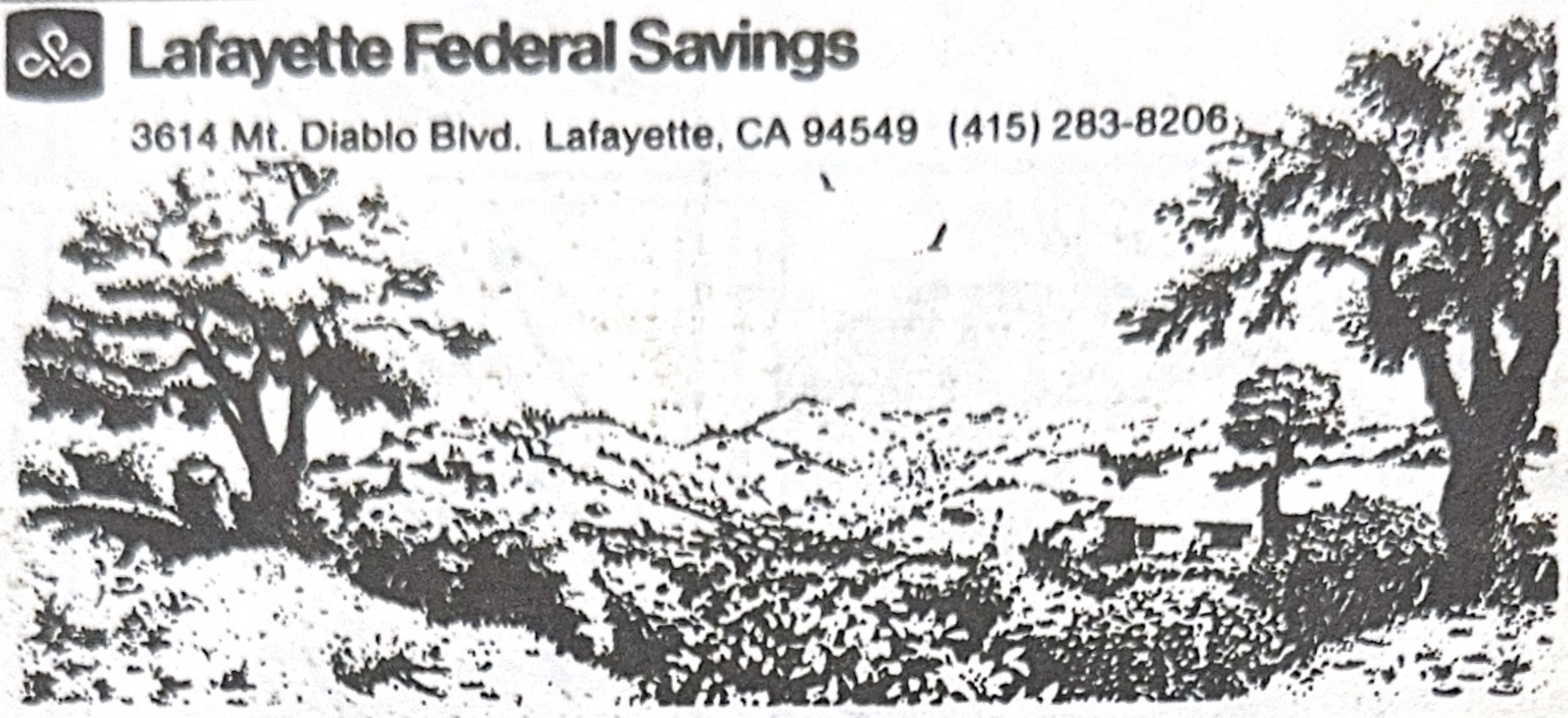
Have short ribs cut into individual portions. Dredge in flour and brown in shortening. Place short ribs in baking dish. Blend flour in pan drippings, gradually add water. Add tomatoes, carrot, onion, celery tops, garlic, salt and pepper. Pour over short ribs. Cover and simmer in slow oven for 1 1/2 hours or until tender.

BAKED BEEF AND ONIONS — Bea Swift

3/4 lb. cold roast beef
2 round onions, thinly sliced
1 Tbsp. butter
1 Tbsp. oil
1/3 c. beef gravy or 3 Tbsp. roast beef drippings diluted with 3 Tbsp. water
1/2 c. grated sharp cheddar cheese

Preheat oven to 400 degrees.
Slice cold roast beef and arrange slices in a shallow 10x6-inch ovenproof dish.
Saute sliced onions in butter and oil until rich golden color and tender. Remove from pan with a slotted spoon and spread

Continued.....

Lafayette Federal Savings
3614 Mt. Diablo Blvd. Lafayette, CA 94549 (415) 283-8206

Open Saturdays

BAKED BEEF AND ONIONS (Continued)

evenly over beef slices.
Moisten dish with beef gravy or diluted juices from the roasting pan and sprinkle with grated cheese. Bake for 15-20 minutes or until beef is hot and topping is bubbling and golden brown.
Serves 4.

SWEET AND SOUR MEATBALLS — Lois Celestre

2 lbs. ground beef
2 eggs
1 1/2 tsp. salt (1/2 salt and 1/2 garlic salt)
1 1/2 c. fine bread crumbs

Sauce:
2 - 14 oz. chunk pineapple
3 green peppers, cut into 1-inch squares
1 1/4 c. chicken broth
1 1/4 c. brown sugar
3 Tbsp. catsup
1 c. green onions, chopped
1/2 c. vinegar
2 Tbsp. soy sauce
4 Tbsp. cornstarch

Mix meat, eggs, salt and crumbs. Make marble size balls. Put on foil lined pan. Cook in hot oven for 4-5 minutes at 500 degrees.
Mix pineapple syrup, broth, vinegar, soy sauce, catsup, cornstarch and brown sugar. Cook until thick. Add onions, peppers, pineapple and meat balls. Refrigerate until needed. Best made a day ahead.

PLEASE PATRONIZE OUR ADVERTISERS

MOM'S SHORT RIBS OF BEEF

Pat Lewis

2 ribs, 6 pieces
6 Tbsp. margarine
2 Tbsp. olive oil
Small can whole tomatoes
3 Tbsp. tomato paste
2 sprigs fresh thyme
Pinch marjoram leaves
2 bay leaves
4 cloves garlic, crushed
1 onion, chopped
1 carrot, chopped
1 Tbsp. chopped parsley
1 Tbsp. chopped chives
2 tsp. "Grandma's Spanish Seasoning Chili Powder"
2 tsp. white sugar
1/4-1/2 dry white wine
Savor salt to taste

Roll beef in flour and brown in dutch oven. Sprinkle with savor salt. Add remaining ingredients and simmer 3 hours in dutch oven or until tender.
Note: The use of "Grandma's Spanish Seasoning and savor salt only makes a definite difference in the flavor.

FLANK STEAK AND VEGETABLE

Yuri Hanamoto

1 lb. flank steak or sirloin

Marinating Ingredients:
1/4 c. soy sauce
2-3 Tbsp. sugar
3 Tbsp. sherry wine
1 Tbsp. salad oil
1 clove garlic, minced
1/2 tsp. fresh ginger, grated

Gravy:
3/4 c. water or stock
1 Tbsp. cornstarch

Any vegetable in season,
like a bunch of broccoli,
green beans or asparagus

Cut flank steak into half lengthwise or into thirds. Slice it cross grain thinner than 1/4-inch. Combine marinading ingredients. Mix well. Marinate meat while preparing the vegetable. Cut them into bite size. Mix water and cornstarch. Drain all the sauce from the meat into the cornstarch mixture. Heat large skillet hot. Add 1 Tbsp. oil. Saute meat quickly. It's better to do in two times than to crowd in pan. Transfer meat onto plate. Cook starch mixture in the skillet scraping the bottom until thick. Cook vegetable in the gravy while tossing. When done, but still crunchy, return the meat. Toss until well blended. Turn off heat.

PLEASE PATRONIZE OUR ADVERTISERS

QUICK SKILLET BEEF

Bea Swift

2 Tbsp. butter or margarine
1/3 lb. fresh mushrooms, sliced or substitute
1 - 4 oz. can mushrooms
1/2 c. chopped onion
1 lb. ground beef
1 beef bouillon cube
1 c. boiling water
1/2 tsp. salt
1/8 tsp. pepper
1/4 tsp. nutmeg
1/4 c. sour cream
Crisp fried noodles, Chun King brand in a can is good

In a large skillet melt butter or margarine. Add sliced (or canned) mushrooms and chopped onion. Saute until tender. Add the ground beef and continue cooking and stirring until the meat is thoroughly browned. Dissolve the bouillon cube in the c. boiling water and add to the browned meat. Add the salt, pepper, nutmeg. Cover and simmer gently for 15 minutes. Stir in the sour cream just before serving over the crisp noodles.
Serves 4.

BANANA MEAT LOAF

Betty Lupton

1-1 1/2 lbs. ground beef
2 Tbsp. finely chopped onion
1 tsp. salt
1/4 tsp. pepper
2 tsp. prepared mustard
1 c. soft bread crumbs
3/4 c. bananas, mashed (about 2)

Mix meat, onion, salt, pepper and crumbs. Combine mashed bananas and mustard. Add to meat mixture. Shape into a loaf. Place in baking dish or loaf pan. Bake at 325 degrees 1 1/2 hours. So good and moist!!
If using a food processor, make bread crumbs first. Process bananas second. Add all and process on/off until well mixed.

DILLED PORK CHOPS

Betty Lupton

4-6 medium sized pork chops
1 Tbsp. flour
2 Tbsp. brown sugar
1 onion
2 dill pickles, chopped
1 c. hot water

Brown chops in greased skillet. Remove from pan. Saute onions and pickles until onion is transparent. Mix sugar and flour together and sprinkle over onion/pickle mix. Slowly add water, stirring constantly. Put chops back in pan. Arrange onions and pickles on top of chops. Cover and simmer 1/2 hour. Turn chops over and continue cooking 1/2 hour longer. If gravy cooks away add a little more water.

PLEASE PATRONIZE OUR ADVERTISERS

Bill's Drugs
3625 MT. DIABLO BLVD. LAFAYETTE, CALIF. 94549
WILLIAM M. EAMES
PHONE 415/284-1204

GRANDPA'S PORK SAUSAGE - OLD ENGLISH — Pat Lewis

1 lb. fresh pork sausage, unseasoned
1 egg
1/4 tsp. powdered thyme
1/4 tsp. powdered sage
1/4 tsp. Coleman's dry mustard
1/8 tsp. curry powder
Salt to taste
1 Tbsp. flour

Blend all ingredients together. Form balls about 2-inches in diameter. Brown in a hot iron frying pan, no grease, on both sides. Uncovered, then turn fire down to low and simmer for about 45 minutes, covered.

BAKED PORK CHOPS — Rita Bollinger

4 pork chops
2 Tbsp. fat
1/4 c. diced onion
1 c. condensed cream of celery soup
1/2 c. milk
3 medium potatoes, peeled and sliced
1 lb. cabbage, shredded
1/4 c. flour
1 1/2 tsp. salt
1/8 tsp. pepper

Brown chops in hot fat in heavy fry pan, then remove. Add onion soup and milk to fat in pan. Blend and set aside. Alternate layers of potatoes and cabbage in casserole or baking pan. Sprinkle some flour and some soup mixture over each layer. Place pork chops on top and pour some reserved soup mixture over. Cover and bake 1 1/4 hours at 350 degrees. Serves 4. This recipe may be increased.

Marlo's fashions

3645A MT. DIABLO BLVD.
LAFAYETTE, CA 94549
(Near The Post Office)
[415]283-8190

LAMB SHANKS — Maxine Hart

4 lamb shanks
Flour
Salt
Pepper
2 Tbsp. vinegar
2 Tbsp. horseradish
1 Tbsp. Worcestershire sauce
1-2 Tbsp. flour
1 c. water

Flour, salt and pepper lamb shanks. Brown in shortening in skillet. Remove. Brown flour in shortening. Add vinegar, horseradish, Worcestershire and water. Make a thin gravy. Season to taste.
Put shanks in casserole with cover. Pour gravy mixture over. Cover. Bake in 350 degree oven for 1 hour or until tender.
Serves 4.

VEAL PARMESAN — Maxine Hart

2/3 c. dry bread crumbs
1/2 c. Parmesan cheese
1 tsp. oregano
8 veal cutlets
2 eggs, well beaten
1/3 c. olive oil
Tomato sauce
8 oz. Mozzarella cheese

Mix crumbs, Parmesan cheese, oregano together. Dip cutlets in beaten eggs, then in crumbs to coat evenly. Brown veal on both sides over low heat, using 1/3 c. oil. Add more oil if needed. Heat oven to 350 degrees. Arrange cutlets in baking dish. Pour tomato sauce over and sprinkle with Mozzarella cheese. Bake about 30 minutes. Serves 8.

Sauce:
2 Tbsp. butter
2/3 c. finely chopped onion
1/4 c. green pepper, chopped
1 - 8 oz. can tomato sauce
1/4 c. water
1/4 tsp. basil
1 tsp. salt
1/4 tsp. sugar

Continued.....

VEAL PARMESAN (Continued)

Mix, cover and cook 10 minutes. Makes 1 1/2 c. sauce.

TURKEY ENCHILADAS — Lois Celestre

1 c. chopped onion
1 clove garlic, minced
2 Tbsp. cooking oil
1 Tbsp. flour
1 - 16 oz. can tomatoes, cut up
1 - 15 oz. can tomato sauce
1 - 4 oz. can diced green chilies
1 tsp. sugar
1 tsp. ground cumin
1/4 tsp. salt
2 c. chopped cooked turkey
1 1/2 c. shredded cheddar cheese
1/4 c. finely chopped onion
1/4 c. sliced olives
3/4 tsp. salt
12 corn tortillas
1/4 c. sliced ripe olives

Cook the 1 c. chopped onion and garlic in 2 Tbsp. oil until onion is tender. Stir in flour. Add undrained tomatoes, tomato sauce, chilies, sugar, cumin and 1/4 tsp. salt. Cook and stir until thickened and bubbly; set aside.
Combine turkey, half the cheese, 1/4 c. onion, 1/4 c. sliced olives and 3/4 tsp. salt. Set aside.
Soften tortillas, 1 at a time, in hot oil. Spoon 1/4 c. turkey mixture onto each tortilla and roll up.
Place filled tortillas in 9x13-inch baking dish. Pour tomato mixture over all. Bake covered, in 350 degree oven for 15 minutes. Uncover; bake 15 minutes more or until heated through. Sprinkle with remaining cheese. Cook for 2 or 3 minutes more. Top with sliced olives.

CASHEW NUTS AND CHICKEN — Marion Davis

2 or 4 chicken breasts
1 large onion, sectioned like apple
3 stalks celery, sliced in large pieces
1 small can button mushrooms
1 can water chestnuts
1 can bamboo shoots
1/2-3/4 lb. cashew nuts
1/4 tsp. powdered ginger
1/4 c. soy sauce
1/4 c. sauterne
Gravy:
1 tsp. Accent
2 Tbsp. cornstarch
1/4 c. sherry

1 or 1 1/2 c. water

Bone and cut chicken into bite size pieces. Marinate in soy sauce, ginger, and sauterne overnight. Saute chicken in a little ginger and oil. Sprinkle with a little salt and Accent. Cooks in 3-4 minutes.

Continued.....

CASHEW NUTS AND CHICKEN (Continued)

Remove from pan and in same pan add vegetables and mushrooms. Little more salt, Accent and dash sugar. Add water and steam until onions are almost clear. Make gravy with cornstarch, Accent, and sherry. Add to vegetable mixture. Boil gravy until thickened adding chicken, nuts, water chestnuts (sliced) and bamboo shoots. Heat until nuts are heated through.

MOCK PRESS CHICKEN — Yuri Hanamoto

1 large fryer chicken
1/2 c. water

1 Tbsp. Chinese Star Anise available at Oriental Food Stores or try regular anise seeds wrapped in cheese cloth and tied

2 Tbsp. soy sauce
2 Tbsp. sugar

2 Tbsp. cornstarch

Gravy:
3 Tbsp. soy sauce
2 Tbsp. cornstarch

4 Tbsp. apricot/pineapple jam

Prepare the chicken few hours before serving, or the day before. Cook chicken in pressure cooker with water and Star Anise for 1/2 hour. Cut the chicken in 1/2 to fit the pot. When done, remove chicken onto large plate or bowl. Reserve stock for gravy. Cool just enough to be able to handle. Remove all the skin and set aside. Pick off all the bones. Slice breast meat to get it thinner. Sprinkle soy sauce, sugar and cornstarch over the meat and toss until the seasonings are well mixed. On cookie sheet arrange the meat into 3 or 4-inches diamter patties. Press down. Lay another cookie sheet and a little weight, like a plate, chill in refrigerator.
Gravy: Skim the fat off the stock. Mix cornstarch in 1/4 c. water. Add to about 2 c. stock, soy sauce and jam. Cook until thickened. If not enough stock, increase by adding more water. When ready to serve, heat heavy skillet to medium hot. Add 1 Tbsp. oil. Fry patties until browned on each sides. On cutting board and sharp knife, slice each patties. Transfer onto serving plate with spatula. It breaks up easily. Pour gravy over the meat and sprinkle some ground nuts. Stew chicken can be used. It can be cooked in regular large pot, but it will need more and cook longer until well enough that bones comes off easily.

PLEASE PATRONIZE OUR ADVERTISERS

CHICKEN KIEV

Betty Beaudet

1/4 c. finely chopped onions
1/2 c. butter or margarine
3 Tbsp. finely chopped parsley
3-4 chicken breasts, boned, split and pounded, about 1 1/2 lbs.
Salt
Ground black pepper
Garlic powder
1/4 c. all purpose flour
2 eggs, slightly beaten
20 round buttery crackers, finely rolled, about 3/4 c. crumbs
Shortening

Saute onion in 2 Tbsp. butter or margarine until tender; combine with parsley. Sprinkle 1 side of chicken with salt and pepper and garlic powder. Divide onion mixture among pieces of meat. Place 1 Tbsp. butter cut in small pieces on each piece of meat. Roll up, tucking in sides, secure with toothpicks. Roll in flour, dip in egg, roll in crumbs. Refrigerate at least 1 hour. Fry in 1/2-inch hot fat, turning when necessary until golden brown. Drain on absorbent paper. Remove toothpicks. Makes 6 servings.

CAMBRIDGE CHICKEN WITH HAM

Doris Fisher

1 large fryer, cut up
Flour mixed with salt and pepper
1/4 lb. butter or margarine
1/4 c. chopped green onion
1 - 4 oz. can mushrooms, drained
1 slice ham, diced
1 clove garlic, minced
Pinch thyme
Salt and pepper to taste
1 c. red wine

Shake chicken piece by piece in a paper bag containing the flour mixture. Brown chicken and place in casserole. Mix together remaining ingredients and pour over chicken. Spoon the juice over the chicken so it is well saturated. Bake, covered, at 350 degrees for 1 hour and half or until done. Baste occasionally. Serves 4.

CHICKEN BROCCOLI

Delma DeWar

2 pkgs. broccoli or fresh
2 boned chickens or 3 whole deboned chicken breasts
2 cans cream chicken soup
1 c. mayonnaise
2 Tbsp. lemon juice
2 c. grated sharp cheddar
1 c. bread crumbs
Butter and paprika

Cook broccoli, boil chicken 20 minutes. Mix together soup, mayonnaise, lemon juice. Put in baking dish broccoli on bottom. Sprinkle over 1 c. cheese, then the chicken, soup mixture, then second c. cheese, then bread crumbs. Dot with butter and sprinkle paprika over dish. Bake for 40 minutes or until hot at 350 degrees.

CHICKEN RICE N EASY

Rita Renner

1/3 c. dry white wine
3/4 c. chicken broth or water
1/2 tsp. salt
1 1/2 c. quick cooking rice
1 1/2-2 lbs. chicken breasts
1 - 6 can sliced mushrooms, undrained
1 - 10 1/2 oz. can cream of mushroom soup
1/2 tsp. thyme leaves
1 Tbsp. fine bread crumbs
2 Tbsp. melted butter

Preheat oven to 400 degrees.
In 7x11x2-inch greased glass baking dish combine wine, broth, salt and rice. Place chicken breasts over rice mixture. Combine mushrooms and soup. Spread over chicken. Sprinkle with thyme, bread crumbs and butter. Cover lightly with foil and bake about 1 hour or until chicken is done.

CHICKEN ELEGANT FROM NORTH CAROLINA

Alma Bailey

1 c. sour cream
1 can mushroom soup
4-5 boned chicken breast, can use canned chicken or turkey
1 1/2 bags Pepperidge Farm stuffing
1 stick margarine
1 c. broth

Cook chicken until tender. Pull into chunks. Place in 9x13-inch casserole. Mix sour cream, soup, small amount of broth and 1/2 bag stuffing. Pour over chicken. Add bag of stuffing to melted margarine and rest of broth. Cover chicken mixture with stuffing. Bake 25 minutes or until hot. 350 degree oven.

SINGAPORE CHICKEN

Marie Thompson

1 fryer
4 Tbsp. butter
Paprika
Onion salt
1 c. orange juice
2 oz. curaco liquor

Cut up fryer and brown in butter. Add rest of ingredients. Bake in 375 degree oven until done.

BARBECUE SAUCE

Maxine Hart

1 medium onion
2 Tbsp. vinegar
2 Tbsp. brown sugar
1 Tbsp. lemon juice
1 c. catsup
1 Tbsp. Tabasco or Worcestershire sauce
1/2 c. chopped celery
1/2 tsp. dry mustard
1/2 c. water
Salt and pepper

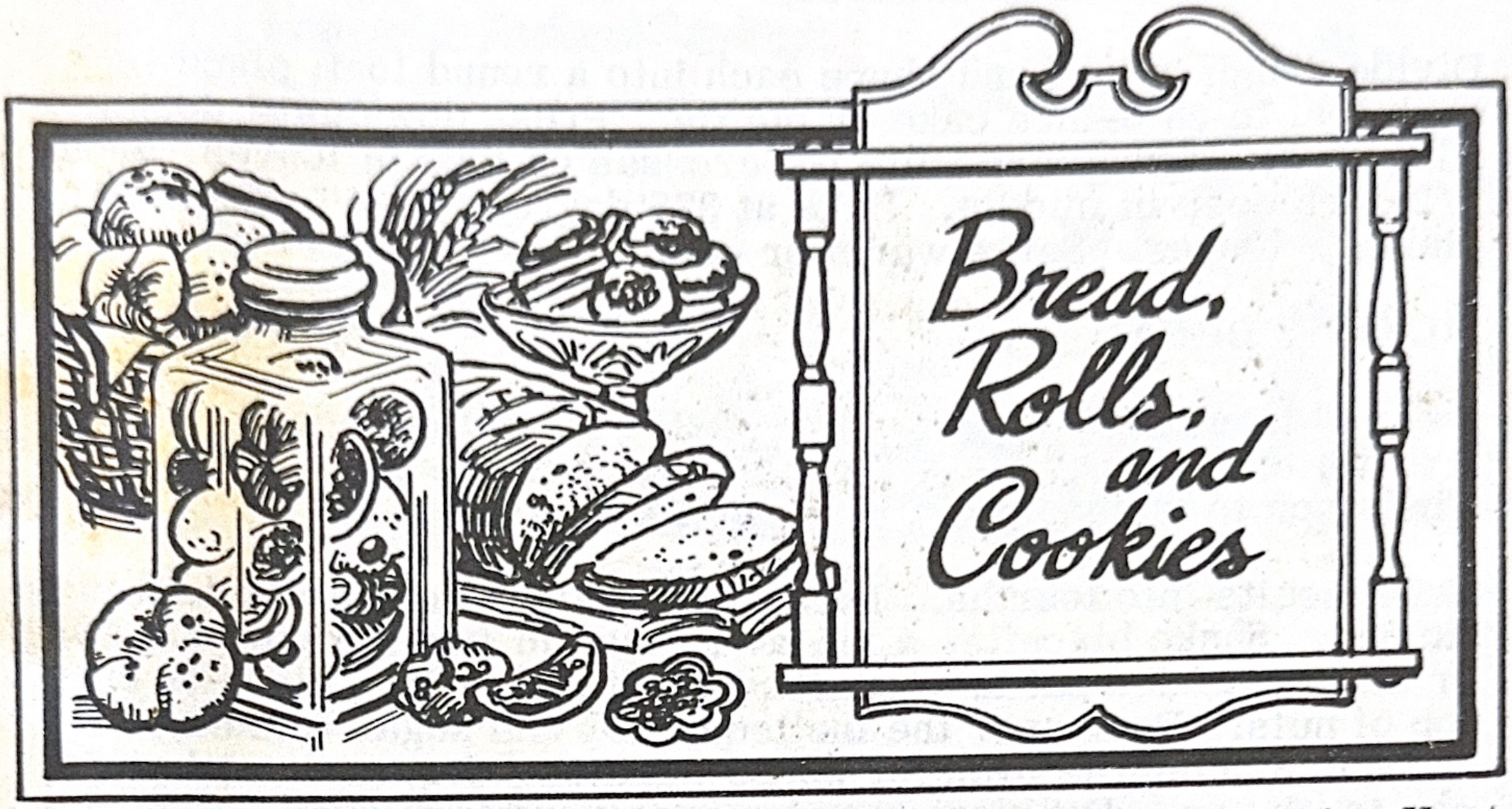
Brown meat. Season. Pour sauce over meat.

Bermuda Pool Service

3360 MT. DIABLO BLVD.
LAFAYETTE, CA 94549

CHUCK BANNECK
OWNER
283-3010

Lafayette, Calif.



SIX WEEK MUFFINS

Maxine Hart

1 - 15 oz. Raisin Bran or All Bran
1 c. melted shortening
3 c. sugar
4 eggs
1 qt. buttermilk
5 c. flour
5 tsp. soda
2 tsp. salt

Mix Raisin Bran, flour, soda, salt well in a very large bowl. Add eggs, shortening and buttermilk. Mix well. Store in covered container in refrigerator, use when desired. Fill muffin tins 2/3 full. Bake 15-20 minutes about 350 degrees.
Batter will keep in refrigerator up to 6 weeks.

IRISH SODA BREAD

Philanese Epps

4 c. unsifted all purpose flour
1 tsp. salt
3 tsp. baking powder
1 tsp. soda
1/4 c. sugar
1/8 tsp. cardamon, optional
1/4 c. margarine or butter
2 c. raisins or currants, optional
1 egg
1 3/4 c. buttermilk or regular milk plus 5 tsp. vinegar

Combine in a large bowl the flour, salt, baking powder, soda, sugar and spice, if used. Add butter or margarine and cut in with pastry blender or 2 knives until crumbly. Mix in raisins or currants, if used. Beat egg slightly and mix with buttermilk; add to dry ingredients and stir until blended. Turn out on a floured board and knead until fairly smooth, 2-3 minutes. (Will be sticky!)

Continued.....

IRISH SODA BREAD (Continued)

Divide dough in half and shape each into a round loaf; place each loaf in an 8-inch cake or pie tin. Press down until dough fills pans. With sharp knife cut crosses on tops of loaves, about 1/2-inch deep in middle. Bake at 375 degrees 35-40 minutes. Makes 2 loaves. Serve warm or cold.

MONKEY BREAD — Lois Celestre

4 cans biscuits
1 c. white sugar
Cinnamon to taste
3/4 c. melted butter
1 c. brown sugar
1 c. nuts

Cut biscuits into fourths. Put white sugar and cinnamon in a plastic bag. Shake biscuits, a few at a time, in sugar mixture. Chop or slice nuts and put in a greased bundt pan. Drop biscuits on top of nuts. Pour over the melted butter and sugar (mixed). Bake in 325 degree oven for 30-35 minutes. Let cool until you can touch pan. Put plate over bundt pan and turn over.

ANGEL BISCUITS — Lois Celestre

1 1/2 pkgs. dry yeast
3 Tbsp. warm water
5 c. flour
1 tsp. soda
3 tsp. baking powder
4 Tbsp. sugar
1 tsp. salt
1 c. shortening, Crisco
2 c. buttermilk

Dissolve yeast in water. Into a bowl, sift flour and all dry ingredients. Cut in shortening. Add buttermilk, then yeast mixture. Mix thoroughly. Knead on a floured board for 1 minute. Roll 1/2-inch thick and cut with cutter. Brush tops with melted butter. Bake at 400 degrees for 12 minutes or until golden brown. Dough keeps well in the refrigerator. This dough is best made with a food processor or dough hooks.

LEMON BREAD — Lillie Lund

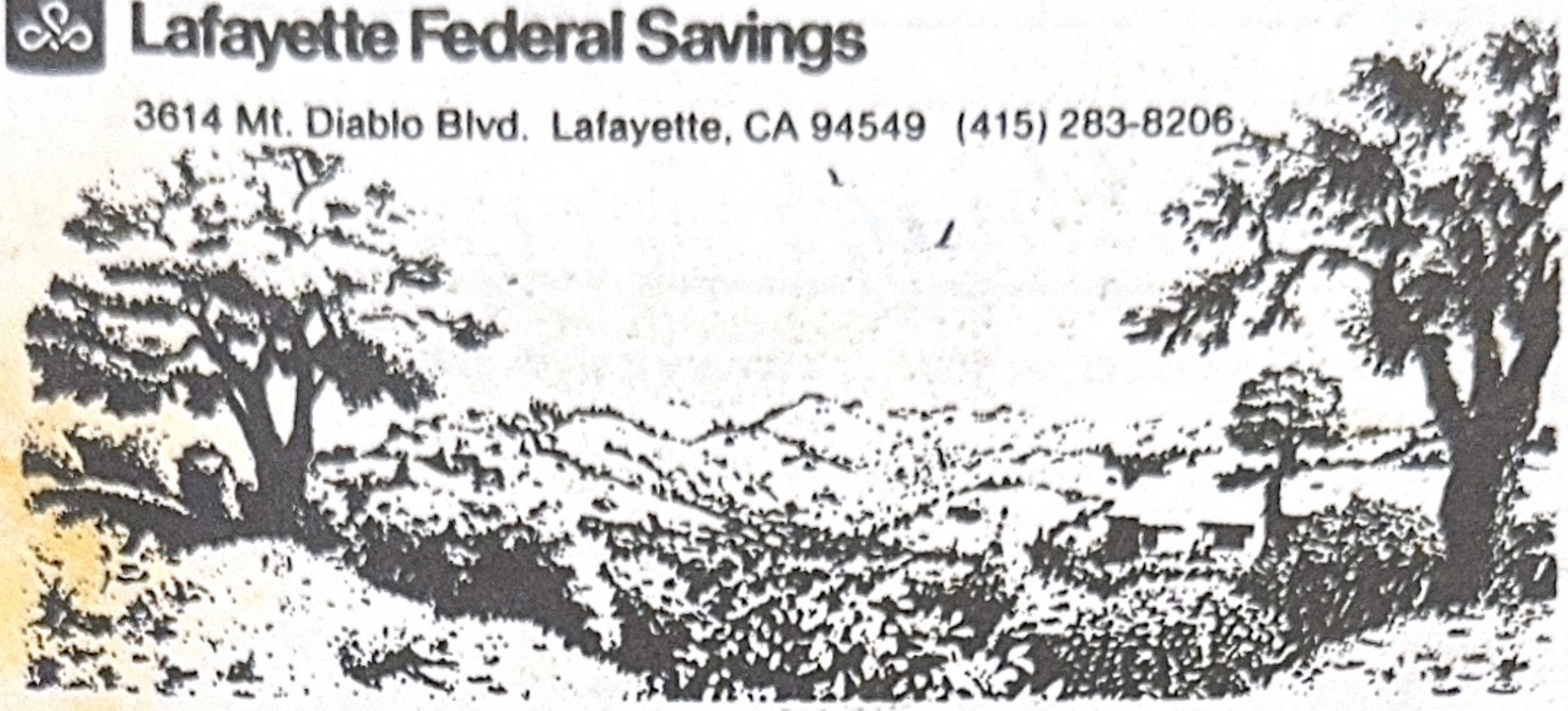
1/2 c. shortening
1 c. sugar
2 eggs, slightly beaten
1 1/4 c. flour
1 tsp. salt
1 tsp. baking powder
1/2 c. milk
1/2 c. chopped nuts
Grated lemon peel

1/4 c. sugar
Juice from 1 lemon

Cream shortening and sugar. Mix in eggs. Add lemon peel. Sift flour, measure and add baking powder and salt. Mix.

Continued.....

Lafayette Federal Savings
3614 Mt. Diablo Blvd. Lafayette, CA 94549 (415) 283-8206



Open Saturdays

LEMON BREAD (Continued)

Alternating flour and milk to shortening and sugar mixture. Bake in 5x9-inch loaf pan at 350 degrees for 1 hour. Remove from oven and poke holes all over top. Mix 1/4 c. sugar and juice of 1 lemon. Pour this mixture over bread while bread is still hot.

ORANGE MUFFINS — Janet Van Tassel

1/2 c. sugar
1 Tbsp. orange rind
1 3/4 c. sifted flour
1/2 tsp. salt
1 c. orange juice
1/4 c. shortening
1 egg
4 tsp. baking powder
1 1/2 tsp. cinnamon

Cream together sugar and shortening. Blend in rind and egg. Sift together dry ingredients. Then stir in, alternately, dry ingredients and orange juice, blending well with each addition. Fill greased muffin cups 2/3 full. Bake at 375 degrees for 20-25 minutes or until golden brown. Serve hot. Makes 14-16 muffins.

OATMEAL MUFFINS — Janet Van Tassel

1 c. milk
2 Tbsp. salad oil
3/4 c. quick cooking or old fashioned oats
1 tsp. salt
1 egg
1 c. all purpose flour
1/4 c. sugar
1 Tbsp. double acting baking powder

Preheat oven to 400 degrees. Grease only bottoms of muffin cups.

Continued.....

Bill's Drugs

3625 MT. DIABLO BLVD. LAFAYETTE, CALIF. 94549

WILLIAM M. EAMES

PHONE 415/284-1204

OATMEAL MUFFINS (Continued)

In medium bowl with fork stir milk, eggs and salad oil until well mixed. Add remaining ingredients and stir just until flour is moistened. Batter will be lumpy. Spoon batter into cups, filling each cup 2/3 full.
Bake 20-25 minutes or until golden brown. Test with toothpick.
Makes 12 muffins.

ORANGE DATE-NUT BREAD — Janet Van Tassel

1 orange
3/4 c. sugar
3/4 tsp. salt
3/4 c. chopped walnuts
1 c. milk
2 1/4 c. all purpose flour
3 tsp. baking powder
1 c. chopped dates
3 eggs, well beaten
3 Tbsp. melted butter or margarine

Peel orange; scrape white membrane from peel. Cook peel in boiling water until tender; drain and pat dry. Chop peel and set aside (orange sections may be used in another recipe). Combine flour, sugar, baking powder and salt; stir in orange peel, dates and nuts. Combine eggs, milk and butter; add to flour mixture, stirring until dry ingredients are moistened. Spoon batter into a well greased 9 1/4x5 1/4x2 3/4-inch loaf pan. Bake at 350 degrees for 50-60 minutes or until done. Let bread cool for 10 minutes and remove from pan. Cool on a wire rack.

PLEASE PATRONIZE
OUR ADVERTISERS

CRACKED WHEAT BREAD

Philanese Epps

2 c. boiling water
2 c. cracked wheat
1/2 c. brown sugar or honey
2 Tbsp. butter or margarine
1 Tbsp. salt
2 pkgs. dry yeast
1/2 c. warm water, 105-110 degrees
5-5 1/2 c. flour

Combine boiling water, cracked wheat, brown sugar, butter and salt in a large mixing bowl. Cool to warm.
Meanwhile, soften yeast in warm water. Combine both mixtures. Beat in 4 c. flour. Turn out onto floured surface and knead in enough of remaining flour to make moderately stiff dough. Knead 10 minutes. Place in greased bowl and cover. Let rise in warm place until double, about 1 1/2 hours. Punch down and shape into 2 loaves. Place in greased 8 1/2x4 1/2-inch loaf pans, turning to grease all surfaces. Let rise until double, about 1 1/2 hours. Bake at 350 degrees 30 minutes. Makes 2 loaves.

SEASONED BREAD

Betty Beaudet

3/4 c. soft butter

Add:
1/4 tsp. salt
1/4 tsp. savory
1/2 tsp. powdered thyme
Dash paprika
Speck cayenne

1 loaf unsliced bakery bread

Trim off all but bottom crust. Cut loaf crosswise at 1-inch intervals being sure not to cut through the bottom crust. Dip pastry brush into herbs and put into cuts (get 8 slices). Turn loaf longwise and cut down middle, get 16 slices. Don't cut through bottom crust. Spread mixture into cuts, tops and sides, all over except bottom. Place on cookie sheet as is messy. If necessary, tie with string. Put in oven at 375 degrees for 20 minutes. Can place in pyrex dish or cookie sheet.

REFRIGERATOR ROLLS

Maybelle Griffith

2 c. hot water, not boiling
2 Tbsp. shortening
1/2 c. sugar
1 Tbsp. salt
2 eggs
2 Fleishman yeast cakes
1/4 c. lukewarm water
7 or 7 1/2 c. flour, about, go easy

Dissolve sugar, shortening and salt in hot water. Add beaten eggs and add yeast, softened 1/4 c. water with 1 Tbsp. sugar.

Continued.....

REFRIGERATOR ROLLS (Continued)

Add flour gradually, beating well as you add it. Store in refrigerator overnight.
Next morning drop from tablespoon on a cookie sheet. Let rise 3-4 hours. Bake at 350 degrees for 12-15 minutes.

MAGIC COOKIE BARS — Ethel Copeland

1 stick butter or margarine
1 1/2 c. graham cracker crumbs
1 - 6 oz. pkg. semi-sweet chocolate chips
1 - 6 oz. pkg. butterscotch chips
3 oz. flaked coconut
1 c. chopped nut meats
1 can Eagle Brand sweetened condensed milk

Heat oven to 350 degrees. Melt butter in bottom of 13x9-inch pan. Sprinkle crumbs evenly over butter. Sprinkle chocolate and butterscotch morsels, sprinkle nuts. Sprinkle coconut. Pour (drizzle) condensed milk over all. Bake 25-30 minutes. Cool in pan before cutting and keep them in the refrigerator.

DREAM BARS

1/2 c. butter or margarine
1/2 c. brown sugar
1 c. flour

Mix and spread in 8 or 9-inch square pan. Bake 10 minutes at 375 degrees until lightly brown.

2 eggs
1/2 tsp. vanilla
1/2 tsp. baking powder
2 Tbsp. flour
1 c. chopped nuts
1 c. coconut
1 c. brown sugar

Mix and pour over baked mixture. Bake 15-20 minutes or more.

POTATO CHIP COOKIES — Ethel Copeland

1 lb. margarine
1 1/4 c. sugar
3 1/2 c. flour, all purpose
2 tsp. vanilla
1 1/2 c. crushed potato chips, not fine

Preheat oven to 350 degrees.
Cream margarine and sugar until well blended. Add vanilla, flour and potato chips. Mix well. Dough will be thick. Mound by teaspoonful into ungreased cookie sheet. Bake 15 minutes or until golden in color. Sprinkle with powdered sugar. Cool. Store in airtight container.

-30- Lafayette, Calif.

Marlo's fashions

3645A MT. DIABLO BLVD.
LAFAYETTE, CA 94549
(Near The Post Office)
[415]283-8190

PEANUT BUTTER COOKIES — Ruth Lewis

1 c. nutty peanut butter
1 c. granulated sugar or
1 c. brown sugar
2 eggs
Few drops vanilla

Mix all ingredients together. Drop cookie mixture on cookie sheet. Press down a little with fork. Bake at 350 degrees 10-12 minutes depending on your oven. Makes 3 doz.

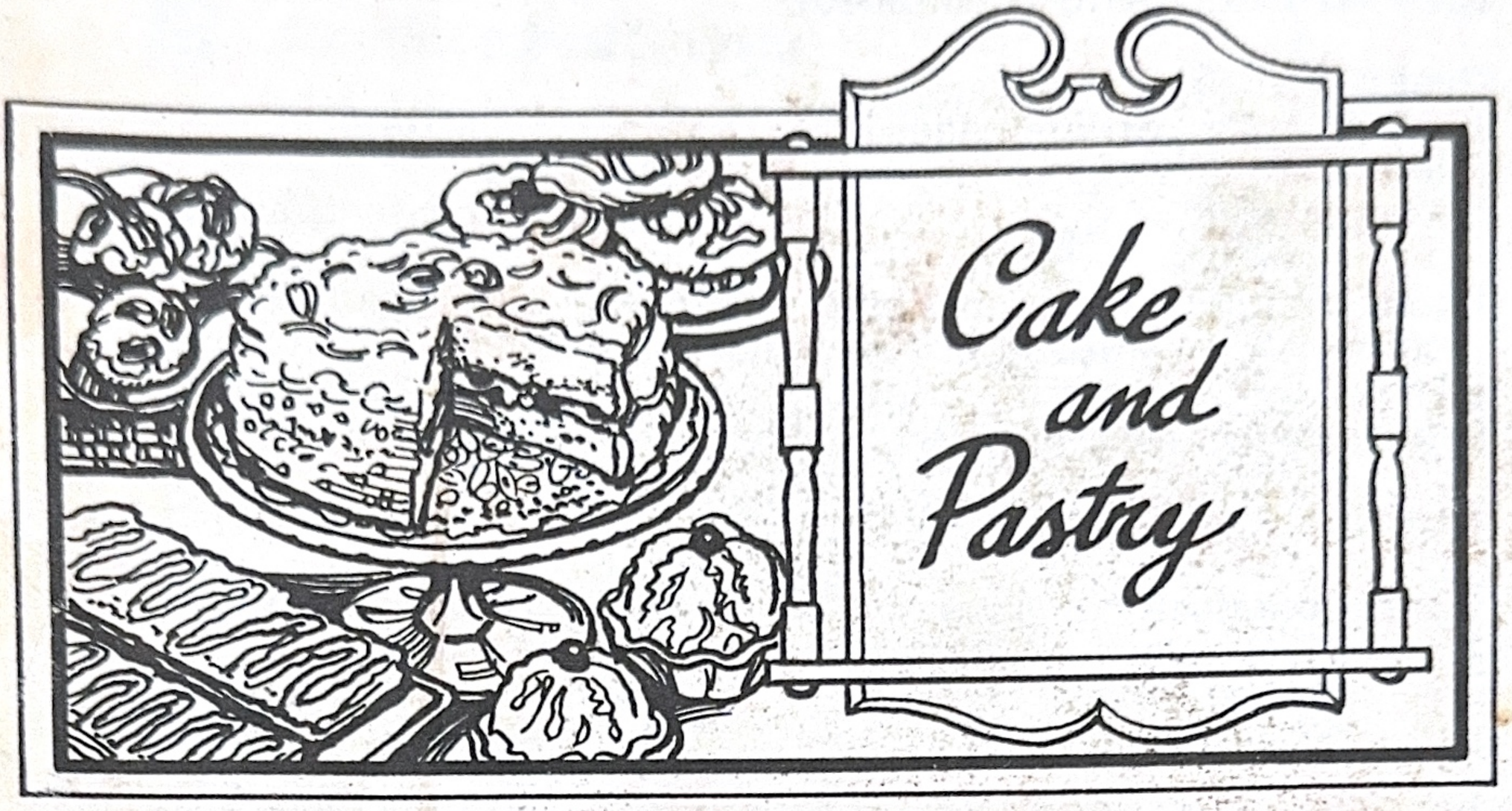
SUGAR COOKIES — Virginia Anderson

1/2 c. butter
1/2 c. oil
1/2 c. powdered sugar
1/2 c. regular sugar
1 egg
1/2 tsp. salt
1/2 tsp. soda
1 tsp. vanilla
2 c. flour, half cake flour

Mix together and chill in refrigerator. Roll in balls size of walnuts and press center with a fork. Bake at 350 degrees around 10 minutes on ungreased cookie sheet. Store in tin can.

Write An Extra Recipe Here:

Write Extra Recipes Here:



RAW APPLE CAKE — Alfrieda Streick

2 c. raw peeled, chopped apple
1 c. sugar
1 egg
1 c. flour
1/4 c. salad oil
1/2 tsp. cinnamon
1/2 tsp. salt
1 tsp. soda
1/2 c. raisins
1/3 c. chopped walnuts

Combine and put in floured and greased 9x9-inch pan. Bake 35 minutes at 400 degrees.

RAW APPLE CAKE — Ruth Day

Mix:
4 c. peeled and sliced apples
2 c. sugar
2 c. flour
1 tsp. salt
2 tsp. cinnamon
1 1/2 tsp. baking soda

Add:
3 beaten eggs
3/4 c. salad oil
1 c. nuts, optional
2 tsp. vanilla

Stir up all ingredients and bake in 9x13-inch pan or a bundt pan that has been oiled and floured. Bake at 350 degrees for 45 minutes or until toothpick comes out clean. Bundt pan takes longer. When cool, frost with cream cheese frosting.

Continued.....

RAW APPLE CAKE (Continued)

Cream Cheese Frosting:
1 - 3 oz. pkg. cream cheese, softened
1 Tbsp. milk
1 tsp. vanilla
Dash salt
2 1/2 c. confectioners' sugar

Blend cheese, vanilla and salt. Gradually add sugar, beating until frosting is smooth and of spreading consistency. If necessary, stir in additional milk, 1 tsp. at a time. Fills and frosts 2 - 8 or 9-inch layers or frosts 9x13-inch cake or bundt cake.

CHERRY TORTE — Ethel Copeland

1 can Comstock cherries
1 small can crushed pineapple
1 c. chopped walnuts
1 c. coconut "angels"
1 pkg. yellow cake mix
2 cubes butter
Cool Whip or whip cream

Open can of cherries and mix with pineapple. Stir to be even. Sprinkle 1 pkg. of cake mix over cherries and pineapple. Then spread chopped walnuts and coconut evenly over mixture. Sliver 2 cubes of butter over mixture (use cheese knife). Bake 350 degrees 45 minutes. Cool and cut in squares 13-inches cake pan. Can be made 1 day ahead of time.

PERSIMMON CAKE — Elenor Sheets

1 Cup Flour
2 persimmons, 1 c. pulp
1 c. sugar
2 tsp. baking powder
2 tsp. baking soda
1/2 c. milk
1 c. nuts

Mix flour persimmons, sugar, baking powder, baking soda and milk. Add nuts. Bake 1 hour in buttered dish at 350 degrees. Dust with powdered sugar.

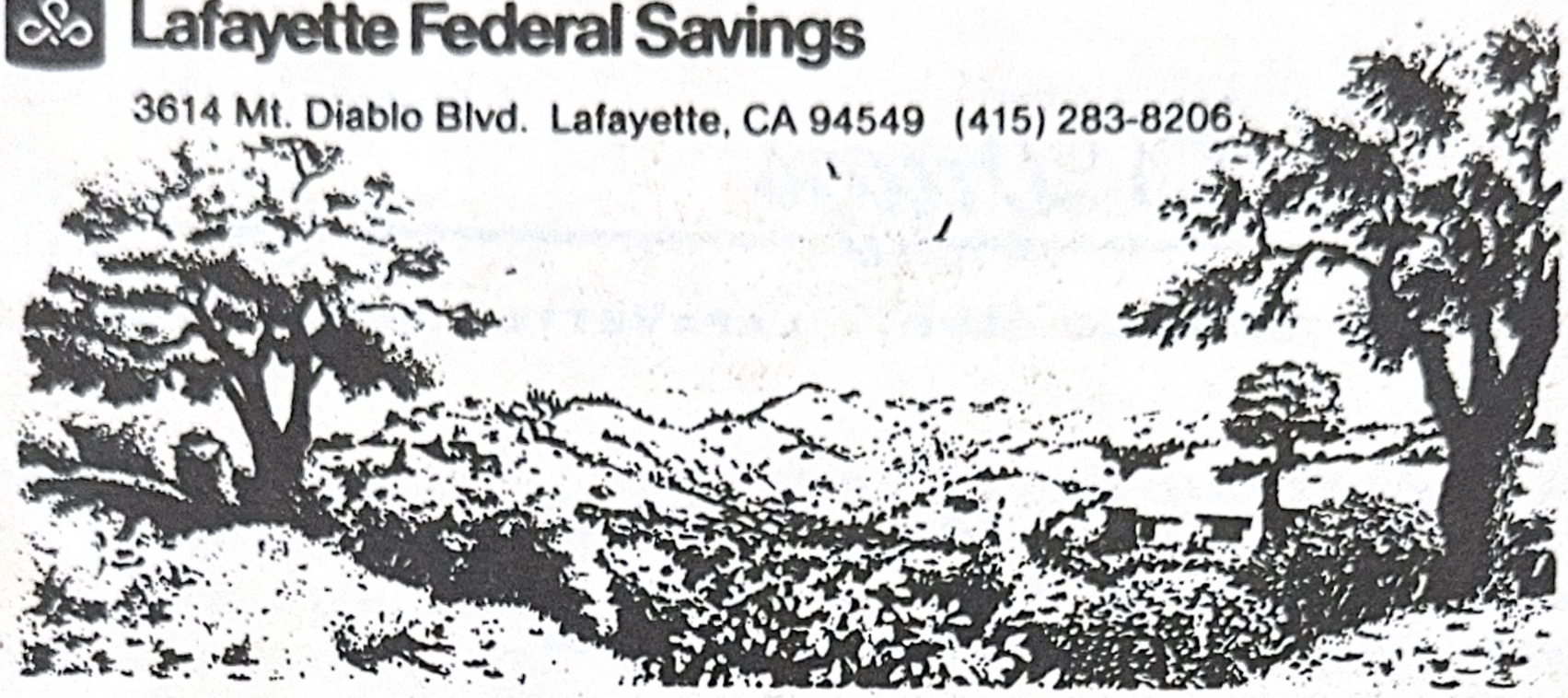
BUTTER KUCHEN (BUTTER CAKE) — Gertrud Kirchner

2 pkgs. dry yeast
1/2 c. warm water
1 cube margarine, melted
1/2 c. warm milk
2 eggs
3/4 c. white sugar
2 tsp. vanilla
3 c. flour
2 cubes cold margarine

Yeast dough: Mix yeast with warm water. Add melted margarine, 1/2 c. sugar and 1/2 c. warm milk. Mix and add 2 beaten eggs. Mix in slowly up to 3 c. flour to make a stiff dough. Roll dough in a little oil and let rise in warm place until double. Push down and let rise again. Knead dough a few

Continued.....

Lafayette Federal Savings
3614 Mt. Diablo Blvd. Lafayette, CA 94549 (415) 283-8206



Open Saturdays

BUTTER KUCHEN (Continued)

times and roll out on 2 cookie sheets. Press well into corners. Let rise 20 minutes. Slice 1 cube margarine over each cookie sheet of dough. Mix 3/4 c. sugar and 2 tsp. vanilla; sprinkle over dough and margarine.
Bake 20-30 minutes at 375 degrees.

CHOCOLATE CHEESE CAKE — Pat Ingham

12 oz. cream cheese
2 oz. semi-sweet chocolate
1 tsp. vanilla
2 eggs
1/2 c. sugar
1 graham cracker pie crust

Beat cheese, eggs, sugar and vanilla until smooth. Put into graham cracker crust. Melt chocolate in double boiler. Drizzle over cheese mixture, with a fork swirl chocolate gently. Bake at 350 degrees for 20 minutes until center is not quite firm. Cool, then refrigerator for 3 hours.

Graham Cracker Pie Crust:
1 1/4 c. graham cracker crumbs
1/2 stick butter
1/4 c. sugar

Mix and press into 10-inch pie pan. Bake at 350 degrees 8-10 minutes.

PLEASE PATRONIZE OUR ADVERTISERS

Bill's Drugs

3625 MT. DIABLO BLVD. LAFAYETTE, CALIF. 94549

WILLIAM M. EAMES

PHONE 415/284-1204

PERSIMMON CAKE — Janet Van Tassel

1 c. sugar
1 1/2 c. flour
1 1/2 tsp. baking powder
2 tsp. baking soda
1/2 tsp. cinnamon
1/2 tsp. salt
1 c. chopped dates
1 c. chopped walnuts
1/2 c. milk
1 c. persimmon pulp
1 tsp. vanilla
1 1/2 Tbsp. salad oil

Bake at 325 degrees 40-45 minutes in layers or loaves, about 20 minutes for small cupcakes. Cake tester will not come out clean. Recipe makes 1 small loaf and 2 - 2x5-inch pans. Serve with lemon sauce.

ZUCCHINI CAKE — Alfrieda Streick

4 eggs
1 1/2 c. corn oil
1 1/2 c. honey
3 c. grated zucchini

Beat eggs until light yellow. Add other 3 ingredients; mix well.

Sift together:
3 c. flour; can use 1/2 unbleached and 1/2 wheat flour or all of either
1 1/2 tsp. baking powder
1 1/2 tsp. cinnamon
1 tsp. baking soda
1 tsp. salt

Add to first mixture and blend well.
1 c. chopped nuts

Add:
1 c. raisins, chop, sift a little flour over them

Bake in a well greased and floured tube or bundt pan 1 1/2 hours at 350 degrees.

MARSALA SPICE CAKE — Nancy Williams

3/4 c. chopped walnuts or pecans
1 box yellow cake mix
1 - 3 3/4 oz. pkg. vanilla instant pudding mix
1 c. Marsala wine
1/2 c. vegetable oil
4 eggs
1/2 tsp. each cinnamon and cloves
1/4 tsp. nutmeg

Sprinkle nuts evenly in bottom of greased and floured bundt pan. Combine remaining ingredients in large mixer bowl. Blend, then beat at medium speed for 2 minutes. Pour into pan. Bake in preheated 325 degree oven for 50 minutes or until done. Cool in pan for 10 minutes. Turn out onto plate and brush warm cake with Marsala glaze.

Marsala Glaze:
1/3 c. Marsala wine
1/3 c. sugar

Combine wine and sugar in small saucepan. Heat stirring until sugar is dissolved.

CHEESE CAKE — Kathy Reardon

1 large pkg. cream cheese
1 pt. sour cream
1/4 c. lemon juice
1 can Eagle Brand milk
1 tsp. vanilla

Topping:
1 can Comstock cherries or blueberries

Blend together in blender. Pour into precooked graham cracker crust in a 8x12-inch rectangular pyrex baking dish in a 350 degree oven for 8 minutes. Cool. Spread topping on top. Chill and enjoy. Serves 10.

CHOCOLATE FUDGE CAKE — Dotty Walters

1 chocolate sour cream cake mix
1 small pkg. chocolate instant pudding
4 eggs
1 small sour cream
1/2 c. oil
1/2 c. milk
1 c. chopped nuts
1 small pkg. chocolate bits

Mix eggs, sour cream and oil together. Add pudding, cake mix and milk. Mix in chocolate bits and nuts.

Continued.....

Marlo's fashions

3645A MT. DIABLO BLVD.
LAFAYETTE, CA 94549
(Near The Post Office)
[415]283-8190

CHOCOLATE FUDGE CAKE (Continued)

Bake 45 minutes in bundt pan at 350 degrees. Remove cake from pan while still warm and before serving, sprinkle with powdered sugar.

YEAST DONUTS — Maxine Hart

4-5 c. sifted flour
2 tsp. salt
1 1/2 Tbsp. shortening
1 c. milk

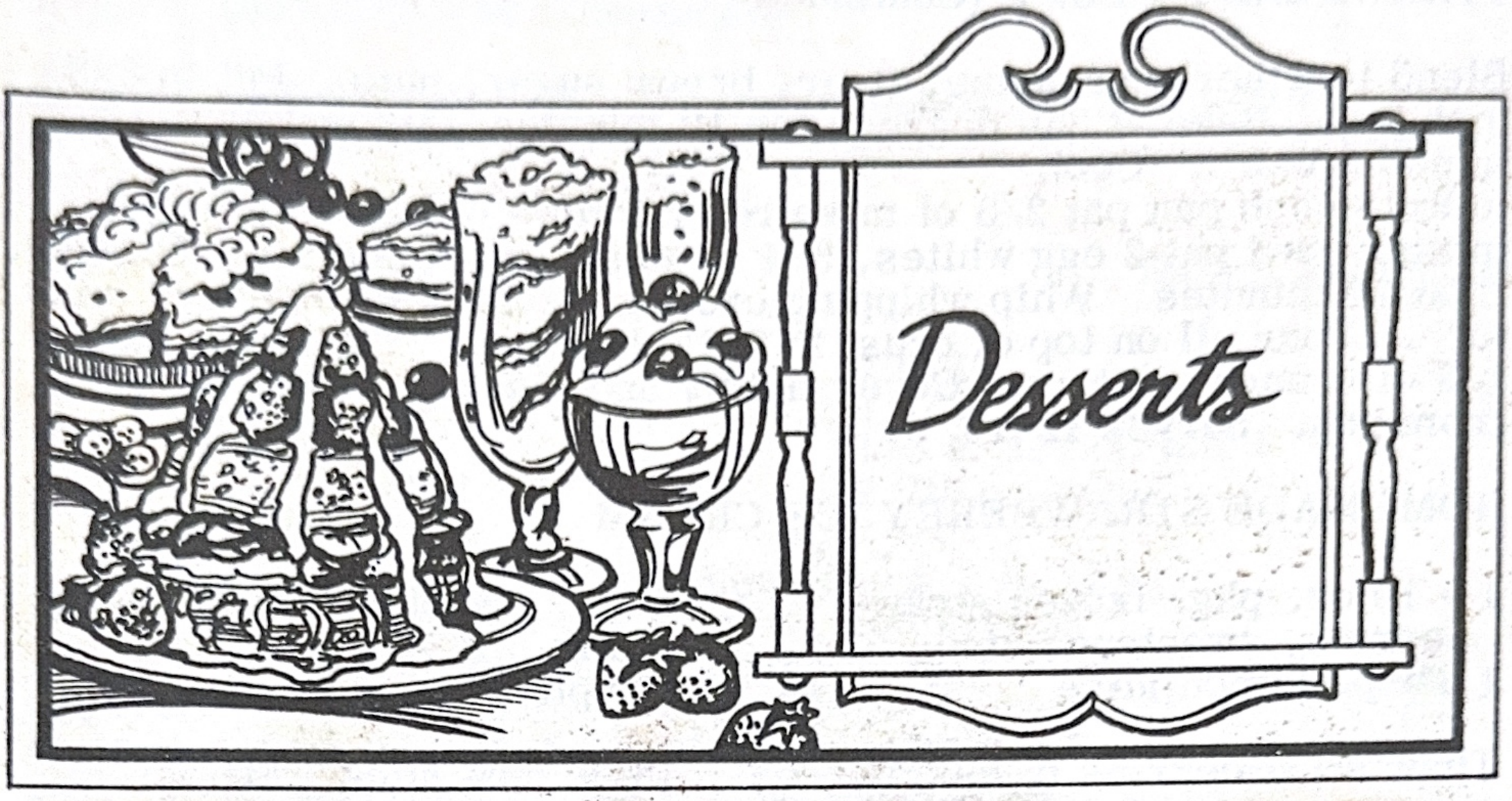
1/4 c. lukewarm water
1 Tbsp. sugar

1 c, cold water
2 beaten eggs
1/4 c. sugar

1 cake yeast

Let mixture of sugar, water and yeast work. Scald milk, add 1/4 c. sugar, salt and shortening. Remove from stove and add cold water, beaten eggs, yeast mixture, flour and mix well. Place in greased bowl and refrigerate overnight. Dough keeps 2 weeks. As hot donuts are wanted, remove amount required. Roll about 1/2-inches thick, cut into 1-inch wide strips; fold ends together to make circle and pinch to stick together. Drop in hot oil and cook until brown on each side. Roll in granulated sugar or powdered sugar.

PLEASE PATRONIZE OUR ADVERTISERS



SOUTHERN PECAN PIE — Dariel Alexander

1 pie crust
4 eggs
1 c. sugar
2 Tbsp. butter
1 c. dark Karo syrup
1 tsp. vanilla
1 c. pecans, broken

Make pie crust. Do not bake until filled. Mix butter and sugar together. Add rest of ingredients and mix well. Pour into pie shell. Bake in preheated oven at 350 degrees for 55 minutes.

DATE NUT TORTE — Rita Renner

1 c. sugar
3 eggs, separated
14 soda crackers, crushed
1 tsp. vanilla
1 c. walnuts
1 c. dates

Beat 1/4 c. sugar with egg yolks. Fold in beaten egg whites (beat until stiff) to other ingredients. Pour into greased baking dish. Bake at 350 degrees for 20 minutes. Serves with whipped cream in 9x9-inch baking dish.

STRAWBERRY FLUFF — Alice Nilson

1 cube soft margarine
1 c. flour
1/4 c. brown sugar
1/2 c. chopped nuts
2 egg whites
3/4 c. white sugar
1 lb. unsweetened strawberries
1/2 pt. whipping cream

Continued.....

STRAWBERRY FLUFF (Continued)

Blend together margarine, flour, brown sugar, nuts. Put in 8x8-inch pan. Bake at 350 degrees for 10 minutes; stir and cook 10 minutes more. Cool.
In 9x13-inch pan pat 2/3 of mixture in bottom of pan. In large mixing bowl put 2 egg whites, 3/4 c. white sugar and strawberries. Beat 20 minutes. Whip whipping cream. Fold in strawberry mixture. Pour all on top of crust in 9x13-inch pan. Top with other 1/3 of crunch mixture. Cover tightly and freeze. Serve directly from pan. Serves 12-16.

HOMEMADE STRAWBERRY ICE CREAM — Pat Ingham

1 - 10 oz. pkg. frozen strawberries, sweetened kind
1 Tbsp. lemon juice
2/3 c. sweetened condensed milk
1/2 pt. whipping cream

Thaw strawberries in mixing bowl. Add lemon juice. Stir in sweetened condensed milk. Whip the cream and fold into strawberry mixture. Freeze in ice cube tray stirring several times while freezing. Try using frozen raspberries instead of strawberries.

UPSIDE DOWN BERRY COBBLER — Ruth Bacon

1 c. sifted all purpose flour
2 tsp. baking powder
1/8 tsp. salt
1/4 c. margarine
1 c. sugar
1/2 c. milk
2 1/2 c. stewed berries and juice

Mix and sift flour, baking powder, salt, and cream margarine. Gradually adding 1/2 c. sugar. Cream until light and fluffy. Add dry ingredients alternately with milk. Beat until smooth. Pour into greased casserole. Pour drained berries over batter. Sprinkle with remaining 1/2 c. sugar. Pour 1 c. berry juice over all. Bake at 315 degrees about 45 minutes. Crust will rise to top, lightly brown.

BLACK BOTTOM PIE — Lillie Lund

1 pkg. plain gelatin
3/4 c. sugar
1/8 tsp. salt
1 egg yolk
3/4 c. milk
4 sq. unsweetened chocolate
1 c. evaporated milk
1 tsp. vanilla
1 c. whipping cream
1 - 9-inch pie shell

Mix gelatin, sugar, salt, egg yolk and mix in double boiler. Add 3 sq. unsweetened chocolate. Cook over hot water until chocolate is melted. Beat with beater until smooth; chill. Fold in

Continued.....

BLACK BOTTOM PIE (Continued)

whipped evaporated milk. Pile into cooked pie shell; chill. Whip cream and spread over top. Use 1 sq. chocolate, grated, to decorate over whipped cream.

SISTER'S LEMON PIE — Dariel Alexander

2/3 c. sugar
1/3 c. flour
1/3 c. cold water
1 lemon, grate rind
3 eggs
1 1/2 c. milk
1/3 c. lemon juice
2 Tbsp. sugar

Sift together in saucepan 2/3 sugar and 1/3 c. flour.
Blend in until a smooth paste 1/3 c. cold water.
Add grated rind of lemon. Separate 3 eggs. Add each yolk separately to flour, sugar, water mixture; mix well. Add 1 1/2 c. milk, little by little until blended. Cook, stirring constantly with whisk until thick. Add 1/3 c. lemon juice. Cook until thick y'all.
Beat egg whites, adding 2 Tbsp. sugar for each white. Mix a little meringue in pie, about 1/3 c. Pour into baked shell. Cover with meringue and bake until golden.

APRICOT PUDDING — X Janet Van Tassel

1 c. sugar
1/4 c. soft butter
1 egg
2 c. chopped apricots, fresh or cooked, dried
1 c. all purpose flour
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. salt
1/2 c. chopped nuts

Gradually add sugar to butter, creaming well. Add eggs and beat hard. Mix in apricots. Sift flour, measure and sift again with dry ingredients. Stir into apricot mixture. Add nuts and mix well. Bake in greased 8-inch square pan in 350 degree oven about 45 minutes. Cut into squares. Serve warm with pudding sauce, hard sauce, custard sauce or whipped cream. Good reheated. This pudding keeps well and it may also be frozen. Serves 9.

FROZEN CHOCOLATE CHARLOTTE — Joyce Darrow

2 pkgs. lady fingers, 12 in each
1/4 c. white creme de menthe or rum
2 - 8 oz. pkgs. semi-sweet chocolate squares
3 Tbsp. instant coffee
1/2 c. boiling water
6 egg yolks
1/2 c. sugar
1 tsp. vanilla
6 egg whites
1 1/2 c. heavy cream, whipped

Continued.....

FROZEN CHOCOLATE CHARLOTTE (Continued)

Split lady fingers, but do not separate into individual pieces. Brush flat surface with creme de menthe or rum, optional. Line sides of a 9-inch springform pan with fingers, rounded side against the pan. Separate remaining lady fingers, line bottom of pan, overlapping to fit.
Melt chocolate in top of double boiler over hot water, stirring occasionally. Dissolve coffee in boiling water. Beat egg yolks in small bowl at high speed until foamy. Beat in sugar gradually; continue beating until thick. Reduce speed. Beat in vanilla, coffee and melted chocolate. Wash beaters. Beat egg whites in large bowl until stiff. Stir about 1 c. egg whites into chocolate to lighten it. Fold chocolate mixture into remaining egg whites. Fold in whipped cream. Pour into lined pan. Freeze until firm.
Garnish with chocolate curls and piped rosettes of whipped cream, if desired. Cover with foil. Refreeze. Keeps well up to 1 month. To serve remove sides of pan. Place cake on a plate. Makes 12-16 servings.

BANANA SPLIT DESSERT — Eleanor Clapp

1 1/2 c. flour
1 1/2 cube margarine

Work as pie crust, no water. Pat in pan.

1/2 c. nuts

On top. Push down.
Beat for 15 minutes - a must:
2 c. margarine
2 c. powdered sugar
2 eggs
1 tsp. vanilla

4 or 5 bananas
20 oz. crushed pineapple, well drained
Cool Whip
Fudge syrup

Use 9x13-inch pan. Heat oven to 350 degrees. Bake crust until light brown. About 10 minutes. Let cool.
Spread filling on cooled crust. Cut bananas lengthwise, lay crosswise on top of filling. Spread pineapple on top of bananas. Keeps bananas from getting dark. Cover and refrigerate for at least 10 hours. Top with Cool Whip. Drizzle fudge sauce over top before serving.

PLEASE PATRONIZE OUR ADVERTISERS

PAPAYA SHERBET — Inga Bennett

1 c. papaya pulp
1 c. sugar
2 c. light cream
Juice of 2 oranges

Sieve or rice papaya for pulp. Mix orange juice, cream and sugar. Then add pulp and mix. Pour into freezer tray. When partly frozen, remove and beat with egg beater in chilled bowl. Return to freezer.

FRUIT FLUFF — Bernice Ely

1/2 c. heavy cream
1 c. cooked apricots, dried variety
1 egg
1 c. sugar
1/2 tsp. vanilla or 2 tsp. lemon juice

Beat cream. Save. Combine other ingredients and beat long and hard until light and fluffy. Fold this mixture into the cream. Chill thoroughly. This is good in a crumb crust or served plain. Recipe may be doubled and also may be frozen.

MOTHER'S POUND CAKE — Dariel Alexander

6 eggs
2 c. flour
2 c. sugar
2 cubes butter

Beat eggs until frothy. Set aside. Cream sugar and butter. Add eggs to sugar mixing alternately with sifted flour. Add 1 tsp. vanilla. Bake in a pan with wax paper 1 hour at 350 degrees.

QUICK SUMMER COOLER — Pat Ingham

1 qt. vanilla ice cream
3 oz. rum
Black cherries, berries or other fresh fruit in season

Allow ice cream to soften. Add rum and stir with a fork. Serve over cherries or other fresh fruit.

MELANGE DE MACA RHUM EN CAFE — Pat Ingham

2 env. unflavored gelatin
1 c. cold water
2 3/4 c. hot clear strong coffee
1 Tbsp. sugar
1 c. whipping cream
1 tsp. vanilla
1 1/2 c. macaroon crumbs, Italian type preferred
2 jiggers rum

Continued.....

MELANGE DE MACA RHUM EN CAFE (Continued)

Soften gelatin in cold water. Add 2 3/4 c. hot coffee and sugar. When gelatin is dissolved, pour liquid into 1 qt. ring mold. Refrigerate for at least 5 hours. Before pouring liquid in mold, rinse mold in cold water.
20 minutes before serving, whip the cream. Add sugar to taste and vanilla. Sprinkle rum over macaroon crumbs and allow to stand. When ready to serve, fold macaroon, rum mixture into whipped cream. Unmold ring on plate. Place cream mixture in center of ring, mounding high. Sprinkle with nutmeg. Serves 8-10.

FRESH STRAWBERRY PIE — Marie Thompson

Strawberries, 2 boxes
Red food coloring
1 c. sugar
2 Tbsp. cornstarch
1 c. water

1 cooked crust

Cream cheese
Milk

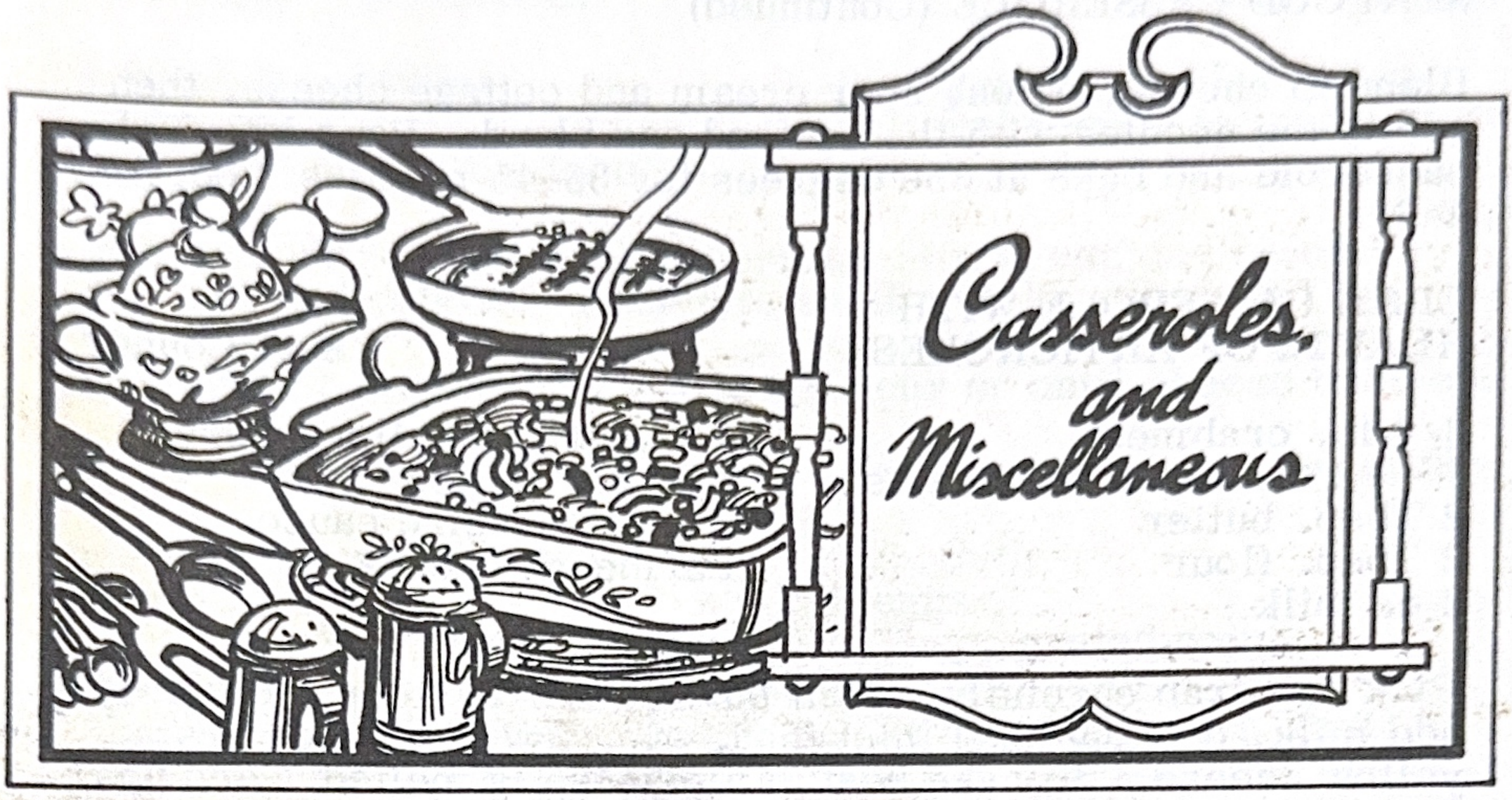
1. Make cooked crust.
2. On the stove boil 1 c. sugar, 2 Tbsp. cornstarch and 1 c. water until thickened.
3. Stir in 2 Tbsp. strawberry Jell-O and a drop of red food coloring.
4. Let cool a little and pour over whole berries placed on bottom of crust.
5. Cream cheese mxed with a little milk can be put next to crust.

SEE'S FUDGE — Maxine Hart

2 1/2 c. white sugar
2/3 c. condensed milk
1 1/2 c. Nestle's chocolate chips
1/4 lb. margarine, chopped
1 Tbsp. vanilla
10 large marshmallows, 1/4's
1 c. chopped nuts

Mix sugar and milk. Bring to boil. Boil hard 6 minutes, stirring constantly. In large bowl put chocolate chips, marshmallows, butter and vanilla. Pour hot mixture over cold ingredients. Mix and beat. Add nuts and mix well. Pour into greased 8x8-inch pan. Let stand until cool and firm.

PLEASE PATRONIZE OUR ADVERTISERS



CRAB CASSEROLE — Lois Celestre

3 cans crabmeat, drained
1/3 c. margarine
1/3 c. flour
2 tsp. salt
Dash pepper
2 tsp. paprika
3 tsp. instant onion
3 1/4 c. milk
1/2 c. sherry
1 pkg. artichoke hearts
1 pkg. large shell macaroni, cooked
1 1/2 c. grated cheddar cheese

Melt butter, stir in flour, salt, paprika, pepper and onions until smooth. Gradually add milk over medium heat; stir. Bring to boil; simmer 5 minutes. Stir in sherry. Combine crab, macaroni with sauce, turn into 9x13-inch buttered dish, arranging artichoke hearts as you go. Top with grated cheese. Bake at 350 degrees 25-30 minutes until bubbly and cheese melts.

SEAFOOD CASSEROLE — Rita Bellinger

1 - 6 oz. pkg. wide noodles
1/3 c. margarine
3 Tbsp. flour
1 tsp. salt
Dash pepper
2 c. milk
1/2 c. shredded Velveeta cheese
1/4 c. onion, chopped
1 c. sour cream
1 c. small curd cottage cheese
1 - 7 1/2 oz. can crab or
5 oz. shrimp*

*May use both if desired.
Cook noodles according to pkg. directions; drain. Melt margarine and add flour, salt and pepper; stir. Add milk and stir constantly. Cook until smooth and thickened.

Continued.....

SEAFOOD CASSEROLE (Continued)

Blend in cheese, onion, sour cream and cottage cheese, then add to the noodles with the seafood and blend. Pour into 2 qt. casserole and bake at 350 degrees for 35-45 minutes. Serves 4-6.

CRAB CASSEROLE WITH HEARTS OF ARTICHOKES

Sari Conner

3/4 lb. crabmeat
1 - #2 can artichoke hearts
2 Tbsp. butter
2 Tbsp. flour
2 c. milk
4 oz. grated yellow cheese
Salt and pepper
Worcestershire sauce
Parmesan cheese

Pick one crab carefully. Melt butter, stir in flour and slowly add milk, cooking until thickened, over low fire. Add grated yellow cheese. Stir and heat until cheese is melted. Add dash Worcestershire sauce, salt and pepper to taste. Butter casserole dish. Alternate layers of crabmeat and artichoke hearts, pudding cream sauce over the top and sprinkle with grated Parmesan cheese. Bake 30-45 minutes in 350 degree oven. Can be made a day ahead of time and refrigerated.

BRUNCH CASSEROLE

Eleanore Clapp

16 slices bread
8 slices ham
8 slices cheddar cheese

Mix:
6 eggs, beaten
1/4 tsp. salt
1/4 tsp. pepper
3/4 tsp. dry mustard
3 c. whole milk
1/4 c. minced onion
1/4 c. green pepper, minced
1 tsp. Worcestershire sauce
Dash red pepper

1 cube oleo
1 c. crushed potato chips

Make the night before. Cut crust off bread. Lay 8 slices in buttered 9x13-inch baking dish. On each slice, put a slice of ham and slice of cheese. Put the other slice of bread on top. Beat eggs, salt, pepper, mustard, milk, onion, pepper, sauce and red pepper. Pour over bread. Let stand overnight in refrigerator. Melt oleo and pour over top. Cover with crushed potato chips. Bake at 350 degrees for 45 minutes.

ZUCCHINI CASSEROLE

Kathy Reardon

5 medium zucchini
1 raw egg
1 medium onion, chopped
2 c. grated cheddar cheese
Salt and pepper to taste

Precook, drain and mash zucchini. Stir in egg and onion. Add salt and pepper. Pour into shallow baking dish and top with cheese.
Bake in 350 degree oven about 1/2 hour or until cheese bubbles.

BROCCOLI-CHEESE STRATA

Sue Kibby

1 lb. whole wheat bread, trim crusts
1 - 8 oz. pkg. cream cheese
1 - 10 oz. pkg. chopped broccoli
1/4 lb. sliced Muenster cheese
1 - 13 oz. can evaporated milk
1 1/2 c. water
1 c. milk
5 eggs
2 Tbsp. grated onion
1 1/4 tsp. salt
1 tsp. grated lemon rind
1/2 tsp. pepper
2 Tbsp. melted margarine

Cook broccoli according to pkg. and drain. Grease a 9x13-inch pan. Spread bread with cream cheese and put in pan. Top with broccoli and Muenster cheese. Beat eggs, milk and spices together and pour over top. Cover and refrigerate at least 1 hour or overnight. Before baking pour melted margarine over.
Bake at 350 degrees for 1 hour. Serves 8.

ZUCCHINI PUFF

Virginia Anderson

3 Tbsp. butter
1/3 c. grated onion
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. thyme
2 eggs, separated
1/4 c. milk
1/4 c. grated Monterey Jack cheese
1/4 c. crushed soda crackers
1 1/2 c. grated zucchini

Melt butter in saucepan. Add onion and cook until transparent. Remove from stove; add salt, pepper and thyme, 2 eggs, yolks beaten, milk, cheese and crackers, along with zucchini. Mix well. Beat egg whites until stiff and fold into zucchini mix. Place in buttered dish 6x8x2-inches. Bake 35-40 minutes at 325 degrees. Sprinkle Parmesan cheese over last 5 minutes of baking.

PLEASE PATRONIZE OUR ADVERTISERS

Ruth Day

CHILI EGG PUFF

8 oz. Jack cheese
5 eggs
1 c. cottage cheese
1/4 c. butter or margarine, melted and cooled
1/4 c. all purpose flour, unsifted
1/2 tsp. baking powder
1/4 tsp. salt
1 - 4 oz. can diced California green chilies

Shred Jack cheese and set aside. In electric mixer beat eggs; add cottage cheese and butter and beat. Add flour, baking powder and salt and beat. Add cheese and chilies and blend. Pour into 8-inch square baking pan. Bake at 350 degrees for 35 minutes or until edges are lightly brown and center appears firm. Serves 6-8.

Joan Novotny

GREEN CHILI CASSEROLE

Alternate layers of:
3/4 lb. thinly sliced Monterey Jack cheese
4 oz. diced green chiles

Pour over the following which has been mixed together:
2 eggs, well beaten
1 1/4 c. milk
1/2 c. flour
1 tsp. salt

Lightly grease and flour 11x7-inch casserole dish. Bake 50 minutes at 350 degrees. Serves 6-8.

Lois Celestre

GREEN CHILES AND RICE

1 c. uncooked rice, not instant
2 c. sour cream
Dash salt
1/2 lb. Monterey Jack cheese
1 large can chopped green chilies
1 Tbsp. butter
1/2 c. grated Jack and cheddar cheese

Cook rice according to directions. Layer in buttered casserole with sour cream, chilies and cheese. Dot with butter and sprinkle grated cheese over top. Bake at 350 degrees for 30-40 minutes.
This can be prepared ahead of time, refrigerated or frozen. Good with most meats.

PLEASE PATRONIZE OUR ADVERTISERS

CALIFORNIA VEGETABLE QUICHE — Rita Bellinger

1 lb. summer squash
4 eggs, well beaten
2 c. grated Swiss or Monterey Jack cheese
1 tsp. Italian seasoning
1-1 1/2 tsp. salt
1/4 c. Parmesan cheese

Grate squash coarsely into bowl. Sprinkle lightly with salt and let stand 10 minutes. Squeeze out all liquid.
Preheat oven to 350 degrees. In large mixing bowl combine squash, eggs, cheese and seasonings. Pour into greased 8-inch square baking dish and top with Parmesan cheese.
Bake 30-40 minutes or until quiche is set in center and edges are lightly browned.
Note: 2 1/2-3 c. steamed chopped greens (spinach, chard, etc.) may be substituted for squash.

SAUSAGE AND GREEN CHILE STRATA — Rita Renner

1 lb. bulk pork sausage
Soft butter or margarine
4 eggs, slightly beaten
1/2 tsp. dry mustard
5 slices white bread
3/4 lb. shredded sharp cheddar cheese, 3 c.
2 c. milk
1/4 c. green chiles, drained, rinsed, seeded and chopped

Crumble sausage in medium skillet. Cook over high heat, stirring frequently until meat is browned. Drain off excess grease, set aside. Remove crust from bread, lightly butter one side of each slice and cut into cubes. Place half the bread cubes in bottom of buttered 8x8-inch baking dish. Sprinkle with half the cheese and cover the fried sausage. Place remaining bread cubes over sausage and top with remaining cheese. Combine eggs, milk and seasonings. Pour over cheese and bread cubes. Cover and refrigerate several hours or overnight. Before baking, sprinkle with chopped green chiles. Bake uncovered at 350 degrees for 1 hour or until golden brown and set.

POTATO CASSEROLE — Marie Thompson

2 lbs. hash brown frozen potatoes
1 can mushroom soup
16 oz. half and half sour cream
1/2 c. chopped onions
8 oz. American cheese
1/4 c. margarine, melted and mixed with crushed Corn Flakes

Put hash brown frozen potatoes in 9x13-inch pyrex pan.
Mix onions and mushroom soup with sour cream and spread over potatoes. Put Corn Flakes mixture on top. Cover with grated cheese. Bake 1 1/2 hours at 350 degrees.

makes 6 pt.

STRAWBERRY FIG JAM

Millie Celestre

3 c. ground figs
1 - 6 oz. pkg. strawberry Jell-O
3 c. sugar

Mix in large pan. Slowly bring to boil, stirring constantly, boil 3 minutes. Pour into jars quickly. Seal with paraffin.
You can use any berry Jell-O.

POMEGRANATE JELLY

Rita Renner

4 c. prepared juice
10-12 fully ripe pomegranates
1/4 c. lemon juice
7 1/2 c. sugar
1 bottle Certo

First, prepare juice. Cut ripe pomegranates in half. Ream on an orange juice squeezer. Place in jelly cloth or bag and squeeze out juice.
Measure 4 c. into very a very large saucepan. To the measured juice, add the sugar and lemon juice; mix well. Place over high heat and bring to a boil, stirring constantly. At once stir in Certo. Then bring to a full rolling boil and boil for 1 minute, stirring constantly. Remove from heat, skim off foam with metal spoon and pour quickly into glasses. Cover at once with 1/8-inch hot paraffin. Makes 7 1/4 c. 5 1/2 lbs. jelly.

SAN FRANCISCO COCKTAIL

Doris Fisher

2 fifths of white port
8 oz. light rum
Juice of 4 lemons
Maraschino cherries or fresh strawberries

Chill the port. Add rum and lemon juice. Mix well and place in glass container and refrigerate. When ready to serve - place cherry or fresh strawberries in each glass; stir. Mix well and serve. Mix cold in wine or martini glasses. Ice may be added to container to keep it cold. Serves 12-16.
Nice before a festive luncheon.

HAWAIIAN FRUIT PUNCH

Maxine Hart

2 - 46 oz. cans unsweetened pineapple juice
2 2/3 c. frozen orange juice
1 1/2 c. lemon juice
2 c. sugar
2 large bottles (7-8 c.) ginger ale
2 large bottles (7-8 c.) carbonated water

Combine fruit juices and sugar; chill thoroughly. Pour over large cake of ice and pour in bowl.

Continued.....

HAWAIIAN FRUIT PUNCH (Continued)

Pour ginger ale and carbonated water slowly down side of bowl. Decorate. Makes 9 qts.

KAHLUA LIQUEUR — Joan Novotny

Simmer for 1 hour:
2 c. sugar — 1 qt. water
10 tsp. instant coffee

Cool. Add:
2 c. vodka — 3 tsp. vanilla

Can be served immediately, but I usually age it on the shelf for awhile. Makes 2 - 5ths.

Write An Extra Recipe Here:

OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very hot	450 degrees - 475 degrees F.

	Minutes	Temperature
BREADS		
Loaf	50-60	400
Rolls	20-30	400
Biscuits	12-15	450
Muffins	20-25	400
Popovers	30-40	425
Corn bread	25-30	400
Nut	50-60	350
Gingerbread	30-40	325
PIES		
Pumpkin	35-45	400
Two-crust	25-40	400
Shells	10-12	450
Meringue	10-15	300
COOKIES		
Drop	10-15	400
Rolled	8-12	400
Ice box	8-12	400
Molasses	10-15	350
CAKES		
Angel	60	325
Sponge	60	325
Cup	25	350
Layer	25-30	375
Loaf	45-60	350
Sheet	20-30	375
Pound	60-90	325
MEAT AND POULTRY		
Beef, rare	20 min. to lb.	300
Beef, medium	25 min. to lb.	300
Beef, done	30 min. to lb.	300
Pork	40 min. to lb.	350
Ham, smoked	30 min. to lb.	300
Mutton	35 min. to lb.	300
Veal	35 min. to lb.	325
Chicken	25 min. to lb.	350
Duck	25 min. to lb.	350
Turkey, large	20 min. to lb.	275
Turkey, small	25 min. to lb.	300
Fish	20 min. to lb.	375
MISCELLANEOUS		
Custard cup	20-30	300
Custard casserole	45-60	300
Souffle	50-60	325
Baked potato	60-90	400
Baked beans	6 hours	350
Timbales	35-45	300
Rice Pudding	50-60	325
Scalloped potato	60-90	375

TIME CHART FOR ROASTS

Kind: Minutes per lb. after searing:
Beef — rare — 10-16 . . . . medium — 17-22 . . . . well done — 23-30
Veal, pork, lamb — well done — 30 . . . . Cured pork — well done — 40-55

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat:	Time in Minutes:
Beef steaks — 1-inch thick	Rare or medium, 8-10
1 1/2-inch	Rare or medium, 10-15
2-inch	Rare or medium, 18-25

Pork chops, thin — 8-10 . . . . Lamb chops, rib — 6-8 . . . . Loin or shoulder — 8-10
Mutton chops 1-inch thick — 15-20 . . . . Veal cutlets, very thin — 6-8 . . . . Chops — 10

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture or corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

TEMPERATURES FOR BAKING FLOUR MIXTURES

Food	Temperature	Time (Min.)
Baking powder biscuit	450 degrees to 460 degrees	12-15
Bread	350 degrees to 400 degrees	45-60
Butter cake, loaf	360 degrees to 400 degrees	40-60
Butter cake, layer	380 degrees to 400 degrees	20-40
Cake, angel	300 degrees to 360 degrees	50-60
Cake, sponge	300 degrees to 350 degrees	40-60
Cake, fruit	275 degrees to 325 degrees	3-4 hours
Cookies, thin	380 degrees to 390 degrees	10-12
Cookies, molasses	350 degrees to 375 degrees	18-20
Cream puffs	300 degrees to 350 degrees	45-60
Meringues	250 degrees to 300 degrees	40-60
Muffins (b. p.)	400 degrees to 425 degrees	20-25
Pie crust	400 degrees to 500 degrees	20-40
Popovers	350 degrees to 450 degrees	35-40
Rolls	400 degrees to 425 degrees	25-30

TABLE FOR COOKING CEREALS

Kind and Amount	Salt	Water	Time in double boiler
Cream of wheat, 1 cup	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup	1 tsp.	3 c.	40 minutes
Hominy (coarse)	1 tsp.	5 c.	3 hours
(fine)	1 1/2 tsp.	4 c.	2 hours
Rolled oats, 1 cup	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup	1 tsp.	4 c.	4 to 6 hours

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes	About 45 minutes	2 Tbsp. for each c. fruit

SAUCES

White Sauce	Liquid	Thickening Material	Fat	Seasoning (salt)
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.
Use No. 2 sauce for creamed or scalloped dishes or gravy.
Use No. 3 sauce for souffles.
Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

Vegetable	Minutes Boiled	Steamed	Baked
Asparagus, tied in bundles	30		
Artichokes, French	40	45-60	
Beans, Lima, depending on age	20-40	60	
Beans, string	15-45	60	
Beets, young with skins on	45	60	70-90
Cabbage, chopped, cut sectional	10-20	25	
Cauliflower, stem down	20-30		
Carrots, cut across	20-30	40	
Chard	60-90	90	
Celery, cut in lengths 1/2 inch	30	45	
Corn, green, tender	5-10	15	20
Cucumbers, peeled and cut	20	30	40
Eggplant, whole	30	40	45
Onions	45	60	60
Parsnips	60	75	75
Peas, green	20-40	35-50	
Peppers	20-30	30	30
Potatoes, depending on size	20-40	60	45-60
Pumpkin, in cubes	30	45	60
Potatoes, sweet	40	40	45-60
Salsify	25	45	
Spinach	20	30	
Squash in cubes	20-40	50	60
Tomatoes, depending on size	5-15	50	15-20
Turnips, depending on size	30-60		

MEASUREMENTS, EQUIVALENTS AND METRIC

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118,4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE METRIC CONVERSION

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft^3)	cubic meters (m^3)	0.03
cubic yards (yd^3)	cubic meters (m^3)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m^3)	cubic feet (ft^3)	35
cubic meters (m^3)	cubic yards (yd^3)	1.3

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 degrees to 234 degrees
Soft ball	234 degrees to 238 degrees
Medium ball	238 degrees to 244 degrees
Firm ball	244 degrees to 248 degrees
Hard ball	248 degrees to 254 degrees
Very hard ball	254 degrees to 265 degrees
Light crack	265 degrees to 285 degrees
Hard crack	290 degrees to 300 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies 234-236 degrees, soft ball

Fondants (mints, etc.)	234-236 degrees, soft ball
Marshmallows	238-240 degrees, soft ball
Caramel mixtures	246-252 degrees, firm ball
Taffies	254-270 degrees, hard ball
Butterscotch	280-300 degrees, crack
Brittles	290-310 degrees, hard crack

Boiled frostings:

1 egg white to 1 c. sugar — 238-242 degrees. soft ball or thread
2 egg whites to 1 c. sugar — 244-248 degrees, soft ball or thread
3 egg whites to 1 c. sugar — 254-260 degrees, firm ball or long thread.

TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake . . . . . 275-325 degrees - 40 minutes to 1 hour
Loaf cake. . . . . 325-350 degrees - 40 minutes to 1 hour
Cup cakes . . . . . 350-375 degrees - 15 to 25 minutes
Layer cake . . . . . 375-400 degrees - 20-30 minutes

FOR THE COOKIE JAR

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey . . . . . 3 to 4 hours
8 to 12-lb. turkey . . . . . 4 to 5 hours
12 to 16-lb. turkey . . . . . 5 to 6 hours
16 to 20-lb. turkey . . . . . 6 to 7½ hours
20 to 24-lb. turkey . . . . . 7½ to 9 hours

Roasting Time and Temperature (whole turkeys):

Ready-to-cook Weight	Oven Temperature	Total Time Hours
8 to 10	325 degrees F	4 to 4½
10 to 12	325 degrees F	4½ to 5
12 to 14	325 degrees F	5 to 5¼
14 to 16	325 degrees F	5¼ to 6
16 to 18	325 degrees F	6 to 6½
18 to 20	325 degrees F	6½ to 7½
20 to 24	325 degrees F	7½ to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

(Half Turkeys)		
3½ to 5	325 degrees F	3 to 3½
5 to 8	325 degrees F	3½ to 4
8 to 12	325 degrees F	4 to 5
(Foil Wrapped Turkeys)		
8 to 10	450 degrees F	2¼ to 2½
10 to 12	450 degrees F	2½ to 3
12 to 16	450 degrees F	3 to 3¼
16 to 20	450 degrees F	3¼ to 3½
20 to 24	450 degrees F	3½ to 3¾

INGREDIENT SUBSTITUTIONS

1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.
1¾ cups (approximately) all-purpose flour equals 2 cups cake flour.
2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.
1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.
1 cup raw rice equals 3 cups of cooked rice, approximately.
1½ cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
2 cups ground meat (tightly packed) equals 1 pound.
3 cups ground meat (loosely packed) equals 1 pound.
2½ cups raisins equals 1 pound.
3 cups coarsely chopped nuts equals 1 pound.
1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
½ teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.
2 cups equal 1 can (tall)
2½ cups equals No. 2 can
3½ cups equals No. 2½ can
1 lemon (medium) equals 3 tablespoons juice
1 orange (medium) equals ½ cup juice
2 Tablespoons shortening equals 1 ounce.

TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp	teaspoons	3 t.	1 T.
T. or Tbsp	tablespoons	16 T	1 c. (4 T.-¼ c.; 8 T. - ½ c.)
c	cup	2 cups	1 pint
pt.	pint	2 pints	1 qt.
qt.	quart	4 qt	1 gal.
lb	pound		

MEASURE OF FRUITS AND NUTS

1 pound dates measure about 2 cups
1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3¼ to 3½ cups
1 pound dried apples measure about 5 cups
1 pound cut-up candied fruit peel measures about 3 cups
1 pound shelled almonds or Brazil nuts measure about 3 cups
1 pound shelled walnuts or pecans measure about 4 cups

HERB PLANTS FOR FLAVOR AND FRAGRANCE

1. Basil (sweet) - Use with mushrooms, in egg, cheese, and fish dishes.
2. Basil (perennial) - For flavoring eggs, fish, eggs, game, meats, shellfish, salads.
3. Catnip - Leaves used in preparing herb teas. A tidbit for kitty.
4. Chervil - Young leaves, fresh and dried, used for culinary flavoring.
5. Chives - Use where mild onion flavor is required. Cheese, eggs, sauces, and salads.
6. Coriander - Ground seeds used in breads, cookies, cheese.
7. Costmary - Fresh leaves are used in beverages, meats, poultry, and herb teas.
8. Garlic - Used for garlic bread, salads, sauces, soups, spaghetti and meats.
9. Hyssop - Tender young leaves used in flavoring fruit cocktails, pies, salads, soups and stews.
10. Lavender - Flavoring for beverages and jellies. Tips used for perfumes.
11. Sweet Marjoram - For flavoring salads, meats, stuffings, fish and poultry.
12. Orange Bergamont Mint - Use in meat cookery, mint jelly and iced beverages.
13. Peppermint - For a garnish, fruit cocktails, cold beverages, salads. Tea good for digestion.
14. Pineapple Mint - Aromatic, refreshing odor. Used in meat cookery.
15. Spearmint - For flavoring fruit drinks, iced beverages, jellies and meat.
16. Oregano - Spaghetti sauces, Mexican dishes, shellfish, salads, meats.

HERB PLANTS FOR FLAVOR AND FRAGRANCE (continued)

17. Parsley - Salads, meats, soups, garnishings.
18. Pennyroyal - Gives pungency to green salads.
19. Rosemary - Add lightly to meat, poultry, eggs, Flavors jams, jellies.
20. Sage - Sausage, pork, veal, lamb, stuffings. For all poultry. Used in wine cups and summer fruit drinks.
21. Sage (Golden) - Sausage, pork, veal, lamb, for all poultry. Can be added to cream cheese.
22. Sage (Dwarf) - Sausage, pork, veal, lamb. In stuffings for all poultry. Herb butter and pickled cucumbers.
23. Pineapple Sage - Leaves used for seasoning. Rich meats and fish dishes.
24. Variegated Sage - Sausage, pork, veal, lamb, poultry. Tea is generally refreshing.
25. Summer Savory - Traditional flavourer of beans, egg dishes, cream sauces, poultry. Excellent substitute for pepper.
26. Winter Savory - Stronger than Summer Savory. Egg dishes, cream sauces, all poultry, and beans.
27. Shallots - Leaves used like chives. Bulbs have mild onion flavor.
28. French Sorrel - Used in moderation with spinach and lettuce. Salads.
29. Tansy - Tender young leaves used to add interest to baked fish, meat pie, or omelet.
30. Tarragon - For salad dressing, fish, poultry, shell fish. Delicious when used in sauces.
31. Thyme - Use cautiously with all meats, game, fish. Used in teas as a sedative.
32. Pink Yarrow - Herb tea. Dried flower arrangements.

COOKING FOR A CROWD

The season of the year rules the food choices to a degree. Also variety in flavor, texture, color and form. Plan best use of refrigerator space. Decide type of service, buffet, family style or served plates with waitresses.

AMOUNTS OF FOOD NEEDED FOR 25 - 50 - 100

Food	25	50	100
Can Beans, Baked	6-1 lb. cans or 1-10 lb. can	2 #10 cans	4 #10 cans
Plain can beans	Same as above	6 lbs.	12 lbs.
Dried	3 lbs.		
Beans, string	5-6 lbs.	10-12 lbs.	20-24 lbs.
fresh			
frozen	5-12 oz. pkgs.	3-40 oz. pkgs.	6-40 oz. pkgs.
canned	5 #2 cans or 1 #10 can	2 #10 cans	4 #10 cans
Cabbage shredded for slaw	4 lbs.	8 lbs.	16 lbs.
Corn	6-3 oz. cans	2 #10 cans	4 #10 cans
canned	1 #10 can		
frozen	5-12 oz. pkgs.	5-40 oz. pkgs.	10-40 oz. pkgs.
Carrots	6 lbs.	12 lbs.	24 lbs.
Fruit Cocktail	1 #10 can	2 #10 cans	4 #10 cans
Ham for Baking	10 lbs.	18-20 lbs.	36-40 lbs.
Meat for Meat Loaf	5 lbs.	9-10 lbs.	18 lbs.
Poultry for Roasting	15 lbs.	30 lbs.	60 lbs.

SLOW CROCKERY COOKING

To convert favorite recipes for slow cookers

REGULAR TIMING	SLOW COOKER
15 to 30 minutes	1½ to 2½ hours on high* or 4 to 8 hours on low*
35 to 45 minutes	3 to 4 hours on high* or 6 to 10 hours on low*
50 minutes to 3 hours	4 to 6 hours on high* or 8 to 16 hours on low*

*High = 275 to 350 degrees F *Low = 180 to 190 degrees F. (pots vary)

TO TEST COOKER TEMPERATURE-TIMING Fill cooker half full of cold tap water. Heat, covered on high for 2½ hours. If water boils in less time reduce recipe cooking time. If it takes more than 3 hours to boil add cooking time.

FOR SAFETY Use pot in a safe place where cord is up out of the way. Never store food in crockery pot. Sudden temperature changes can crack ceramic liners. 180 degrees F. is a minimum safe cooking temperature. Read and use cooker instructions carefully.

TO SERVE CROCKERY COOKING Garnish with parsley, carrot curls, crushed corn chips, tomatoes, sauces, olives, pimentoes, mint leaves, lemon or orange slices.

ADDITIONAL CROCKERY COOKING HINTS Use a timer for starting pot and cooking when you aren't around; Crossed strips of folded aluminum foil under roast will let you lift it quickly and safely to serving dish; Most recipes for low temperature can be prepared in half time on high; A slow pot is excellent for fondues, dips, hot punch, sauces, and as a bun warmer.

MICROWAVE COOKING PRINCIPLES:

1. High water content foods cook more rapidly than those with less.
2. The mass-density of a food is related to cooking time required.
3. "Standing" time is necessary for dense foods as meats. Cakes need rest time, too.
4. Such meats as roasts increase in temperature for a time during "standing".
5. Less leavening is required for some baked items as biscuits, muffins, etc. The "rapid" heat makes rapid expansion.
6. Some foods rise more than in the conventional oven.
7. Foods need rotation by hand or mechanically to avoid the hot spots in the oven cavity. Hot spots can be utilized for some food items.
8. The container shape is more important for some foods than others.
9. Never use metal containers or trim in microwave oven.
10. Never operate an empty oven - it can damage the magnetron.
11. Rapid cooking or expansion causes "eruptions" in certain foods.
12. Coverings during cooking prevents excess moisture loss and spatters.
13. Paper line cake pans to lessen sogginess around the edge. Cakes require "resting" time.
14. One cannot rely on conventional tests for doneness in some foods. Follow oven instructions for time and tests.
15. Use a container that radiation readily penetrates.
16. Time management and temperature for microwave food preparation is different than the traditional ways.

ADDITIONAL USES

1. Warm pancake-waffle syrup
2. Clarify sugared honey.
3. Heat pie and hot ice cream ala mode.
4. Dry herbs - mint, parsley, onion, pepper, sage, etc.
5. Peel tomato or peaches - split skin.
6. Warm citrus fruits for more juice.
7. Melt chocolate, cream cheese, butter.
8. Make jelly, jam, preserves, etc.
9. Heat baby bottle.
10. Reheats leftovers without warmed over flavor.
11. Freshens bread.
12. Baked foods need less leavening.
13. Dries flowers.
14. Dry decoupage - painting.
15. Dry girdle or panty hose.
16. Easy for a child to learn and use.
17. Helps handicapped or elderly.

COOKING TERMS

1. Beat - Vigorously by hand or with an electric beater as indicated.
2. Blend - Stir ingredients lightly until well mixed.
3. Braise - To cook slowly in hot fat until brown, then add liquid and simmer on top of range.
4. Broil - Follow directions for broiling on kitchen range, charcoal or gas grill.
5. Cream - Beat shortening with a spoon or fork until spreadable consistency.
6. Dredge - To coat with flour, cornmeal, bread or cereal crumbs.
7. Fold - Use rubber spatula to lift and fold over ingredients lightly, usually to fold stiffly beaten egg whites into a batter.
8. Fricassee - Steak or chicken rolled in flour and browned in fat in pan or skillet. Add liquid such as water or milk and simmer until meat is tender.
9. Marinate - To allow a food to stand in a liquid such as oil and vinegar, French dressing or seasoned vinegar. This improves flavor and tenderizes meats.
10. Pan-broil - To cook meat, usually steak, in a heavy skillet, without fat added. Pour off all accumulated grease in skillet as it collects. Otherwise the steak is fried, not broiled.
11. Poach - To cook in hot liquid, such as water or milk, being careful that food holds its shape.
12. Saute - To cook slowly in a small amount of fat.
13. Sear - To brown very quickly by intense heat. This increases shrinkage but improves flavor and appearance.
14. Truss - To tie food with metal or wooden skewers to hold its shape during cooking.

Gaston's *french cleaners*

965 Moraga Road • Lafayette • 283-3318

FAMILY OPERATED PLANT

— The Full Service Cleaners and Launderers —

IN LAFAYETTE SINCE 1946
(A REPUTATION BUILT ON PERSONALIZED SERVICE)

ACE HARDWARE

- ELECTRICAL SUPPLIES
- COMPLETE PAINT DEPARTMENT
- BUILDERS HARDWARE
- COMPLETE LINE OF TOOLS
- GARDEN TOOLS & SUPPLIES
- PLUMBING SUPPLIES

Colony PAINTS

(DRIP IRRIGATION SUPPLIES & SYSTEMS
LET US ADVISE YOU ON HOW TO CONSERVE WATER)

LAFAYETTE
RENTAL HARDWARE

284-4438

3697 MOUNT DIABLO BLVD.

AUTHORIZED STHIL CHAIN SAW DEALER & SERVICE
LAFAYETTE